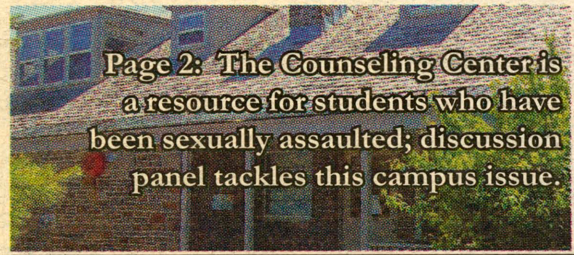
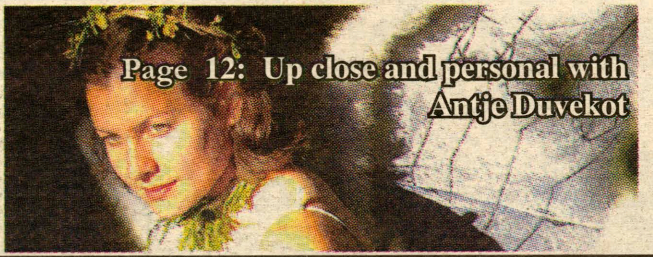
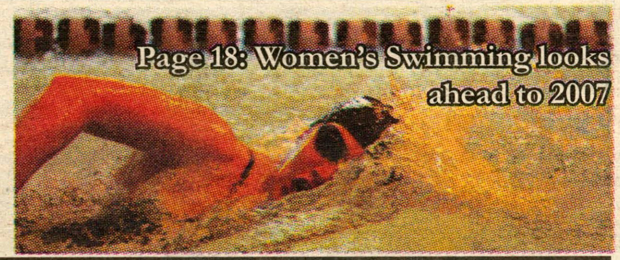

Page 2: The Counseling Center is a resource for students who have been sexually assaulted; discussion panel tackles this campus issue.


Page 12: Up close and personal with Antje Duvekot


Page 18: Women's Swimming looks ahead to 2007

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THE SPECTATOR

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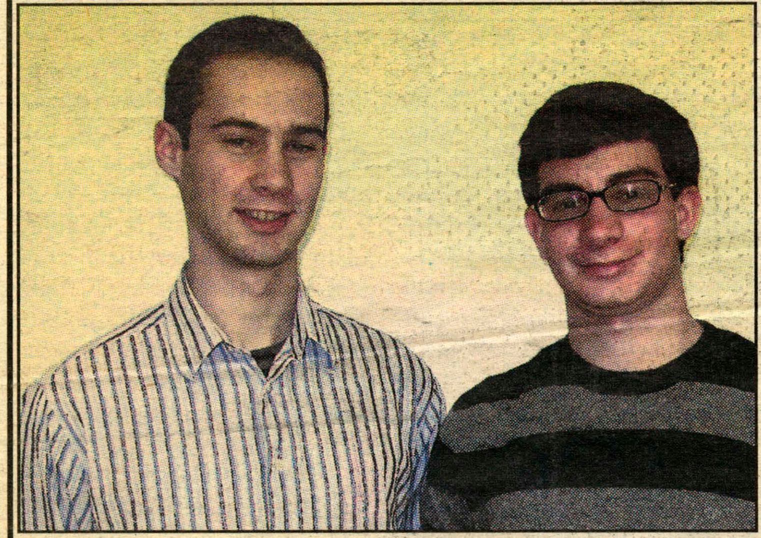


PHOTO BY MELISSA BALDING '09

Martin Connor '09 and Stuart Lombardi '09.

Lombardi,Connor to lead SA

by Pat Hodgens '09
ASSISTANT EDITOR

President-elect Stuart Lombardi '09 and Vice-President-elect Marty Connor '09 will head the Student Assembly for the next year.

"Marty and I are honored and excited to lead the Student Assembly over the next year. We're looking forward to busy and productive semesters."

While the percentages each ticket won were not released, Elections Committee chair Kara Novak '08 said that Lombardi and Connor received over 40 percent of the total vote. In order for an election to be valid, the winning ticket must cross that mark.

"The voting went smoothly this year, there were no technical problems and the elections weren't contested," said Novak.

Novak also pointed out that turnout was relatively high, saying that "the number of people that voted this year was significantly more than last year."

The election was held completely online this year, a first for the College. Recently, elections have been conducted both online and in Beinecke.

According to Novak, Beinecke voting stations were "more of a hassle than [they] were really worth. It wasn't a significant

see *ELECTION, page 3*

First annual Hockeytown game a huge success

by Emily Poe '10
COPY EDITOR

Having brought in at least 1,500 fans and $100 in donations, the first annual Hockeytown game was a definite hit. "The first Hockeytown event was a huge success," said Hockeytown coordinator and head of the Social Traditions Committee Katie Childs'08.

The hockeytown event was created after alumnus Andy Burns asked the Hamilton Social Traditions Committee, made up of 11 students, if they could design an event to commemorate the hockey traditions of Hamilton and Clinton, N.Y. The committee chose to highlight the Hamilton vs. Utica game, as "it was the perfect way to bring the local community together and celebrate the past, present, and future of hockey in the area," said Childs.

As soon as October of this year, the committee began preparations for the event, along with the Office of Alumni Relations, Andy Burns and Strategic Financial Services, the HC Athletic Department, and the Clinton Arena. The Committee also recruited local businesses

see *HOCKEYTOWN, page 3*

PHOTO COURTESY OF KATIE CHILDS '08

The first annual Hockeytown game drew a crowd of about 1,500, bringing together the Hamilton and local communities.

As finals approach, learn to cut back on stress

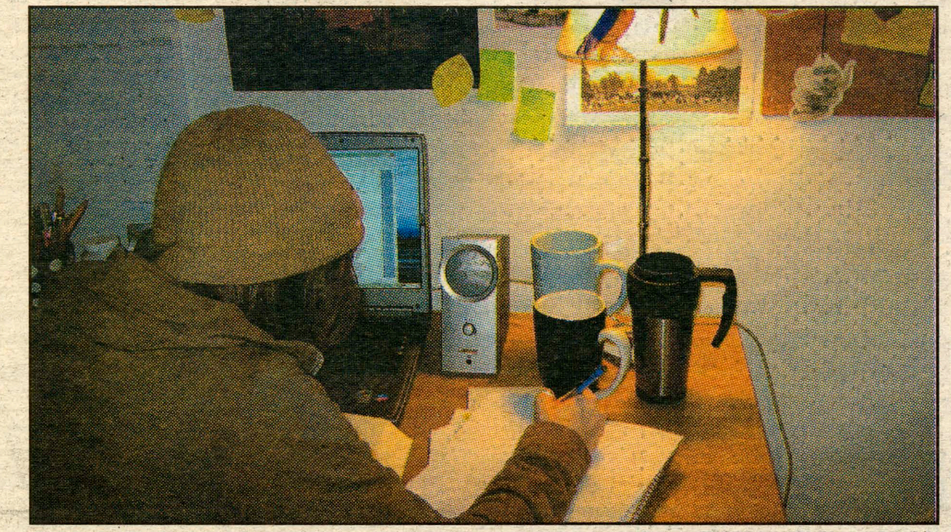


PHOTO BY MELISSA BALDING '09

by Matt Crowson '09
Science & Technology editor

With the coming of the end of the semester, many college students everywhere find themselves knee-deep in work and neck-deep in stress.

But what is stress exactly? According to the University of Adelaide in Australia, stress is the body's normal reaction to situations that involve challenge, threat or excitement. Typically, this reaction to the situation can be either positive or negative. For instance, some individuals use stress as a positive motivator to perform better, or to 'psyche' themselves up. More commonly however, people see stress as a paralyzing feeling that foreshadows their coming failure or doom. The key to managing stress so it does not cripple you, according to the University, is to accept stress and its physical symptoms as a positive indicator.

see *STRESS, page 14*

Local teenagers caught stealing from locker room

by Eric Kuhn '09
EDITOR-AT-LARGE

Seven minutes into the Hockey game last Friday, Vaclav Tomicek '10 was kicked out of the game and headed back to the locker room. Entering the area he saw two male youths around 5'6 to 5'9, rummaging through the Hamilton Hockey teams clothing. Tomicek asked, "What are you guys doing?" One of the youths responded, "I lost my cell phone and my buddies are trying to call it." Quickly realizing their mischievous intentions, Tomicek told them to "Hold on" and stood in-between the door, as to not let the students escape. He called for two women who happened to be walking by and they quickly summoned Hamilton's Campus Safety, who arrived on the scene within moments.

When Campus Safety moved in, they knew that there were others in the surrounding area. Officer Jim Cecil stood with the two suspects as the other officers swiftly moved to find other accomplices. Then, one of the two bolted out the door; the officer chose to stay with the current youth, so as not to potentially loose both, and

see *THEFT, page 3*

The Al Ham Pulse

by Eric Kuhn '09
EDITOR-AT-LARGE

- First up on the Pulse here on at *The Spectator* is we would all like to wish a very special happy birthday to our layout manager **Harry Jerome Nöel III** who turned 20 last Wednesday.

- Another major campus birthday is **Michael Blasie**'s 21st. During the Tuesday faculty meeting this week, **President Stewart** commented on the great efficiency of Monday's SA meeting that she sat in on because "it was Michael Blasie's birthday and we all needed to adjourn to the Pub." Happy belated birthday to Michael!

- **HAMILTON IS HOT**! No joke. **President Stewart** commented at the faculty meeting on **Monica Inzer**'s attempts to explain Hamilton's drastic increases in applications, saying that the buzzword is that Hamilton's "**hot**." Stewart said, "It does seem that we're **hot**," followed by **Katharine Kodat** who said "I'm not going to deny our hotness." Furthermore, when someone brought up the topic of the **Alexander Hamilton Center** the very next question was: "Are we hotter north or south of the Mississippi?"

- **Dean Urgo** appointed Professor of Biology **Patrick D. Reynolds** to the position of Associate Dean of the Faculty and Associate Professor of English **Steven Yao** to the new position of Assistant Dean for Diversity Initiatives.

- Actress **Rosie Perez** lectured. She is an AIDS activist who said, "After 25 years [since AIDS was defined], what have we learned? Safe sex prevents the transmission of AIDS... If I touched anyone today, please spread the message."

- The entire Spectator staff would like to thank **Emma Furman** for all of her great work and dedication on *The Spectator*. She was incredible to work with and we will miss her.

-Someone in South at 2:15 this morning pulled the fire extinguisher off the wall, causing the alarm to ring and people in their pajamas to flee.

- Good luck on your finals and a very **Happy Holidays**!

Panel discusses sexual assault at Hamilton

by Emma Furman '07
EDITOR-IN-CHIEF
by Emily Lederman '07
CONTRIBUTOR

"In 2004/2005 there was an average of 200,780 victims of rape, attempted rape or sexual assault in the U.S.," was just one of the statistics that Margaret Gentry, professor of women's studies, read during her talk as part of a discussion panel on sexual assault, held last night in Science Center G041.

The National Crime Victimization Survey, done by the U.S. Department of Justice, included other data such as that "one in six women experiences sexual assault in her lifetime and one in 33 men does" and "two-thirds of sexual assault and rapes are committed by someone who is known to the victim."

Gentry, along with Caroline O'Shea '07, president of Students Against Sexual Assault (SASA); Bob Kazin, director of the Counseling Center; and Professor Jen Borton of the Psychology Department, the chair of the Harassment and Sexual Misconduct Board, presented information regarding sexual assault on campus, and in the world outside of Hamilton, to facilitate discussion. The presenters focused on defining sexual assault and on why students do not often come forward to report incidences..

The panel was organized by students as part of a final project for the comparative literature class "Rethinking the Romance." They came up with the idea for the panel because of the lack of discussion regarding this issue on campus currently, especially due to the lack of programming during Orientation and first year forum, and expressed a desire to foster discussion and confront this problem on our campus.

The problem with sexual assault at Hamilton was evidenced not only by the panelists' testimony, but also by a recent survey created by these students and sent out by *The Spectator*. 111 students responded to the survey; 27 identified as male, 82 as female and 2 as other. The students were fairly evenly divided among the class years.

The amount of female students who responded that while at Hamilton someone had touched or grabbed either their breasts, buttocks or other part of their body when they did not want him/her was about equal to those female students who responded that this type of incident never occurred to them; 42 answered that this had happened to them, 41 responded that it had not.

21 female students responded that while at Hamilton, someone has had sexual contact (defined as fondling breasts, buttocks or the genital area, or other sexual contact short of intercourse) with them when they didn't want him/her to, 61 responded that this has never happened to them.

15 females answered that they felt coerced of forced into having sexual intercourse (vaginal, oral or anal) when they did not want to while at Hamilton; 67 said they had not.

The last question on the survey asked if female respondents would say that they have been sexually assaulted while at Hamilton, and while 42 females felt they had been touched sexually when they did not want to be, 21 said someone had undesired sexual contact with them and 15 said that they had been forced into having sex, only 12 responded that they had been sexually assaulted. 63 said they had not been, and 7 responded that they were unsure.

Professor Gentry opened the panel by discussing sexual assault both at Hamilton and in the U.S. in general. She had a variety of statistics about rape and sexual assault on a national level, and also presented information from an Emerson Project survey conducted in the summer or 2001, which looked solely at women. According to Gentry, "We mailed a survey to all female students enrolled – 940 women. 57 percent or 534 returned the survey with fairly equal numbers of all class years represented and with racial groups represented in proportion to their representation at Hamilton. Participants were asked if they had ever experienced a variety of forms of behaviors at any time while at Hamilton."

She went on to say that "13 percent of respondents (70 women) reported being victim of at least one form behavior that fits categories of rape or sexual assault." She went on to explain that this figure counted those "who experienced multiple forms/incidents of sexual assault only once," and that if these factors were counted as well the percentage would be 21. She also stressed that 84 percent of these incidences involved alcohol or some other form of intoxicant.

Professor Borton discussed the different options that the Harassment and Sexual Misconduct Board has for victims of sexual assault, stating that students can "just come for information," come to the board for "mediation, except in cases of rape," or "file a formal complaint." She stressed that this complaint has no connection to Campus Safety or the police, a misconception she feels "deters students from coming to the Board," as she has not heard a case for three years, either for mediation or to register a formal complaint.

Bob Kazin discussed the role of the Counseling Center as a resource for victims of sexual assault. He stated that when a victim comes to the Center, they "let people know what their options are," but "do not encourage them to report the crime" in order to allow them to regain control of the situation. According to Kazin, the victim has "had control taken away from them, so [the Counseling Center] is not going to do that again" to them.

He also stressed that counselors are available 24/7, and are on call and will come up to the campus for emotional support, or to refer the student to the rape crisis service.

Kazin also emphasized alcohol's relation to sexual assault, quoting from a former student, Lauren Fischer, that "we have to reduce the amount of sexual assault, and we can't change this until we change the way we drink on campus."

However, the student discussion that arose brought the idea to the forefront that there will always be drinking at Hamilton, but that doesn't necessarily mean there has to be sexual assault, commenting on the problem as cultural and not just related to alcohol. In discussion, students spoke about the problem of the "submissiveness of female students on campus" as well as the problem of male privilege.

The discussion also turned to the question of consent, and the problem that women may not feel that they are active participants in the sexual activity, but just giving in to pressure.

Caroline O'Shea went next, discussing how we have a "rape culture" on campus. She went on to say how she knows this is a strong statement, and doesn't mean to imply that rape "happens all the time" at Hamilton, but that different social factors, especially alcohol abuse, contribute to bad decisions. O'Shea continued to discuss how students often excuse such incidences with such phrases as "I was drunk," and "I didn't say no." O'Shea discussed current lack of student resources on campus for sexual assault awareness; she was the only student remaining in SASA this year, and this fall was the first year without a specific program dealing with sexual assault during Orientation. There are plans to reincorporate a program next year.

SASA has further plans to raise awareness about sexual assault next semester, with sexual assault awareness month in April and V-Day on Valentine's Day, which is designed to unite women against sexual assault and will include a performance of *The Vagina Monologues*.

Students elect Lombardi and Connor

from ***ELECTION****, page 1*

number of people for the number of hours [of work that went into organizing it]."

Lombardi and Connor will officially begin their term at the start of the spring semester, although Lombardi says he and Connor will be working over winter break and "even over the coming week."

"I want to offer my congratulations to Stuart and Marty," said Ryan Morris '08, who ran against the two. "They ran a great campaign."

Lombardi hopes to implement the five-point platform he and Connor ran on, although his current first priority wasn't mentioned in campaign literature.

"Right away, we want to improve the Student Assembly website. It would give the student body a place to go if they wanted up-to-date information," said Lombardi.

Lombardi hopes to amend the Student Assembly constitution to create a position for an official to upgrade and maintain the website. According to Lombardi, this technology chair would be an appointed member of the cabinet.

Lombardi also hopes to work on developing Oral Intensive classes, introduce a swipe card system for the laundry machines and to improve course evaluations.

"The College needs to offer completely optional Oral Intensive courses to help student build confidence in their oral communication skills. Like Writing Intensive courses, Oral Intensive courses should be offered in a variety of disciplines," wrote Lombardi on his campaign's Facebook group.

The topic of courses that emphasize oral communication has been brought to the faculty by the Student Assembly's Student Interest Committee, is currently being debated among members, including at Tuesday's faculty meeting.

Lombardi also claims that "our quarter-based laundry system is archaic and inconvenient." He hopes to switch the current payment system to one based on swipe-cards.

"Eileen and Nate have done a great job over the past year. I've truly enjoyed working with them. Their hard work and devotion led the Assembly to another productive year," Lombardi offered his praise for outgoing Student Assembly President Eileen Starrett '07 and her Vice-President Nate Harris '07.

Starrett offered her congratulations to the incoming student leaders.

"I am thrilled for Stuart. If his committee work is any indication of what the students have to look forward to for the next year, I'm certain he will do great things for all of us," she said.

Hockeytown brings Hamilton, Clinton together

from ***HOCKEYTOWN****, page 1*

to donate and discount food for the party before the game, so that they could host a large number of fans for the pre-game party.

While the Hockeytown event was very much centered around sports, it was also centered around the bringing together of the Hamilton and Clinton communities.

"The Committee's goal is to preserve, revive and create traditions that improve the social atmosphere at Hamilton and the town-gown relationship with Clinton," noted Childs. "Hockeytown will be an annual event because it brings students, faculty and residents together to participate in one of Clinton's favorite pastimes, while supporting Hamilton's athletes and the local hockey programs through this charity game."

Hamilton Varsity Hockey player and goalie Matt Crowson '09 said, "It was an awesome experience, bringing the Hamilton and Clinton community together for hockey. I think it was a great way to integrate Hamilton in the community."

Another way the Hockeytown event helped aid the community was by getting donations for the local Utica Hope House. Fans who arrived at the game with canned foods were even given "Hockeytown" t-shirts. Along with the 1,000 cans donated, more than $100 in monetary donations was also given.

Though only its first year, the hockeytown event has already become a tradition within the Hamilton community.

"During a busy time of the year, it was wonderful to see so many students show up for the game. With time, [this] event will only get bigger and better," concluded Childs.

High school student arrested for theft on campus

from ***THEFT****, page 1*

radioed the rest of the police that now arrived on the scene. The teen – chased by Assistant Director of Campus Safety Wayne Gentile and Officer Mike Sawanec – ran across the football field, through Dunhan parking lot, up behind Molly Root, over to the field behind Babbitt and vanished into Glen at the back of the Pavilion. "All I could think of was I wanted to grab this adolescent. We are frustrated with the thieves," Gentile said. Chasing the youngster thought the woods, Gentile found a cell phone that was stolen, but was not able to obtain the suspect.

The one back in the locker room is Andrew L. Abston, a 16 year old from Utica. His school affiliation is unknown and Utica Proctor High School Academy A & C Principal Richard F. Ambruso was caught by surprise when contacted by *The Spectator*. He said, "Nobody has notified me for any misconduct at Hamilton. Totally unaware of it." Abston paid his $2,000 cash or bond bail and his court appearance is set for December 12. He and his accomplices stole other cell phones, wallets, iPods, iPod speakers and even shirts. They also stole shoes, leaving behind their old ones. Abston confirmed that his group was responsible for the string of thefts at Hamilton this year, including the Swim Team's locker room incident.

Town of Kirkland Chief of Police Dan English said that Abston is currently charged with a Criminal Trespass in the 3rd Degree and Petty Larceny for stealing of property (the cell phone). Each charge is applicable for one year in jail. However, the paper work has not been field by other members of the Hockey Team, so the charges are currently preliminary. English said, "There are another possibly eight people that have not filed complains with the police department." There is still an investigation regarding the other people involved who are not in custody. "Once everybody comes forward, additional charges will get filed. Some of the students had credit cards stolen and that makes the punishment worse," English explains. "Hopefully the [Hamilton] students involved in this will come forward by December 12 and sign the appropriate paper work for additional charges to be filed."

With one or more students still at large, Director of Campus Safety Patricia Ingalls calls on all Hamilton Students to "lock all your doors and windows. Don't prop your doors, don't leave your personal property unattended to in the library and dorm lounges." Gentile echoes Ingalls advice: "I know it's tough and I don't want to profile, but if you see someone who does not look like they belong call Campus Safety immediately."

As for Tomicek, some have hailed him as a hero. He does not agree, saying, "I was just angry I was just kicked out of the game. I am not really a hero. I just happened to be there at the right time."

Faculty meeting notes

Possible changes to the advising system, course requirements, sophomore seminars

Sophomore seminars: Sam Pellman, professor of music and chair of the Committee on Academic Policy (CAP), presented information on sophomore seminars, encouraging professors who are currently teaching them to hold them as "College Seminars," which would be similar to other courses in that professors would determine the course level, prerequisites, etc.

Oral Communications: Deborah Pokinski, associate professor of art history, stated that research shows that students are eager to have more public speaking. They are considering making oral communications a three-course requirement, in a similar style to writing intensives.

Quantitative Literacy: Karen Brewer, associate professor of chemistry, spoke about having an increased quantitative literacy requirement, more than simply passing the exam to place out of taking a required class.

The possibility of a first year seminar program was discussed.

Remarks by President Stewart

Admissions
Early Decision I applications are up by 25%; at this time, regular decision applications are up 31% from where they were last year. However, this is not necessarily indicative of the total number of applicants we will have; students may be applying earlier because they feel more pressured to get into schools.

"It does seem that we will be more selective this year than we were last year."

The arts at Hamilton
The trustees recently discussed creating an "arts neighborhood" on campus, which may include a studio arts building, a theater and a museum. The neighborhood would be located where Campus Safety, the Career Center, the Afro-Latin Cultural Center and the Ferry Administrative Building, which houses the Computer Science Department, are currently situated. These groups would all be relocated, and the new buildings would all have to be gift funded. Allied Works, an architectural firm, is currently putting together a schematic design.

"We expect to put shovel in ground this spring."

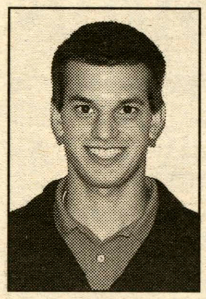
Alexander Hamilton Center
President Stewart stated that she accepted the charter earlier this fall "out of enthusiasm" for the Center, but that she later "deemed it prudent to express oversight with the governance" and that "during the ensuing discussions it became clear that their [the AHC founders'] vision was different from the trustee vision" and what the administration thought they had in mind.

Remarks by Dean Urgo

Urgo expressed concern over a recent Hampoll survey published in *The Spectator*, which reported that as many as 50% of the respondents who identified as majors within a certain department had violated the honor code. He stated that he will be looking into this matter with the Honor Court.

INSIGHTS & IDEAS

Advocates continue undermining our education



by Benjamin Noble '08
INSIGHTS & IDEAS EDITOR

Over the past couple of years, Hamilton has not been able to stay out of the news. Currently, there is a tremendous buzz over the recently cancelled Alexander Hamilton Center for the Study of Western Civilization (AHC) in academic journals, web sites and blogs.

With the derailment of the AHC goes the opportunity for students to pursue and develop their intellectual curiosities in democracy, capitalism and freedom. Yet once again, the administration and trustees cower at the demands of the radical faculty and deprive students of a great educational opportunity. The faculty significantly undermined the scholarly mission of Hamilton just to maintain their monopoly over the academic pursuits of the students.

Everyone on and off-campus has lost out; even the professors who killed it. Yet the students lose out the most because they are denied an opportunity to explore topics rarely discussed at Hamilton or in any other elite liberal arts college. This begs the question, why does the College exist? From the results of the AHC debate, it is clear Hamilton exists for the pursuit of activist professors' ideas and ideologies.

How odd. I thought our college upon a hill existed for the students to pursue their intellectual interests and encourage their community members (including faculty) to do the same.

The AHC would have significantly enhanced the students' educational experience at Hamilton. There would have been lectures, scholarships, fellowships and internships available for students. The Center had raised millions of dollars and millions more would have been obtained if programming commenced. The Center would have been explicitly nonpartisan. The founders never meant it to be a counter to the Diversity and Social Justice Project (DSJP). It would have instead only concerned itself with the scholarly topics of Western Civilization and its unique contributions to humanity.

Yet again, many professors, because of their ideological biases, personal vendettas and politics, have deprived students of this great intellectual opportunity. They have ideological blinders on and cannot see that this center would greatly benefit the students, Hamilton and the larger academic community.

Many people knew about the activist professors' destructive activities towards the AHC. Originally, even *The Spectator* knew of the personal and ideological conflict between the faculty and the founders of the center. In its October 20, 2006 article, *The Spectator* realized that, "A faction within the Hamilton community feels that the current tension stems from personal disputes rather than what is best for the College."

However, in last week's editorial (December 8, 2006), *The Spectator* disregarded professors' personal ideologies and grudges. Instead, it took a highly favorable stance towards the faculty and blamed the AHC's demise entirely on the administration and lack of compromise. Why did *The Spectator* switch its stance on the faculty? Let us first correct the misperception that *The Spectator*'s editorial board is completely impartial.

> Everyone on and off campus has lost out; even the professors who killed the Alexander Hamiton Center.

A posting on the Hamilton College Alumni for Governance Reform website said that "*The Spectator*, as the voice of the students and the primary source of unfiltered information about the Hill for alumni all over the world, plays a key journalistic role in this process." It is true that *The Spectator* is the voice of the students and plays a key journalistic role on campus. But, sorry alumni, *The Spectator* does not provide "unfiltered information."

I believe that activist professors have great influence over some *Spectator* editors and reporters. These professors essentially used them throughout the debate over the AHC to forward their own personal agendas despite my continuous objections throughout the semester. While I feel that the editorials have been influenced by the faculty, I do not imply that the News articles have been anything but factual and bias-free.

If the activist professors influenced and worked through students, you better believe that they have also lobbied and exerted force on the administration, trustees and alumni. The activist professors will never admit to their back channel efforts to destroy the AHC; even if hell does freeze over.

In public, these professors said that they really wanted to see the AHC succeed, but that they just had problems over its governance. When they said they have problems with the governance, what they were really saying was that they themselves did not have enough control over the Center. More faculty control over the Center would have meant the endangerment of the Center's scholarly goals. If the faculty as a whole controlled the Center, within five years it would have changed from a scholarly program into just another radical advocacy group such as the DSJP.

What Hamilton needs is a center on campus that promotes scholarship (not activism) in the main ideals of the United States and Western Civilization. Honestly, I do not see what is so catastrophic about providing students with a new opportunity to pursue academic interests no matter who is running the program (as long as those administrators of the program are completely dedicated to its goals of scholarship).

The radical faculty are advocates, not scholars. These professors need to be reminded what this institution is meant to accomplish. The continued pursuit of their personal agendas and the constant pressing of their ideologies have no place at an institution of higher learning dedicated to scholarship. How much longer will the administration and trustees allow them to continue their advocacy?

By pursuing their personal agendas, activist professors prevent themselves, their colleagues and students from the true benefits of this College. They actively silence all other dissenting viewpoints and maintain their radical monopoly on campus intellectual discourse. Due to the activism of radical professors, the Hamilton community will miss out on an intellectual program that would significantly benefit Hamilton and the larger academic community.

For the well-being of Hamilton, it was essential to expose the activities of advocates who have the audacity to call themselves scholarly professors.

Well, now that I have revealed the radical activist professors, their devious activities, and their connections with impressionable *Spectator* editors, I hope readers will understand what some editors failed to last week: no one can know for certain what goes on behind closed doors. We can only hope that these actions in the future remember the ultimate goal: a better education for the students. The fight over the AHC is clearly not over.

Thumbs up

- Taste the Rainbow: Come for the Dance Team, stay for your love of gay people (wishful thinking?)

- We won the Citrus Bowl. More importantly, Campus Po was still unable to prevent a sprinkling of illegal produce.

- Student Assembly election results are in. If a repeat Tex-Mex Hold 'Em Tournament is not the first item on the agenda, my vote is symbolically withdrawn.

- Jerry of "Ben and Jerry" visits Kuhn and Company. In seemingly unrelated news, he decides to market a new flavor titled "Mindless Self-Promoter."

Thumbs down

- Professors who refuse to reschedule Sunday exams are about as understanding as GWB's "No Child Left Behind Act."

- Gwen Stefani's new song sounds like an auditory seizure and has everyone "winding down" the volume knob.

- Dry Week follows close on the heels of Human Rights Week…students expire from the two blandest weeks back-to-back.

- Having too many finals to actually write a good column this week. Sorry.

by Stephen Allinger '09 & Tyler Zink '07

Who cares

- Sophomore Seminar presentations: About half as important as Senior Thesis presentations…too bad half of zero is still zero.

- The Career Center has podcasts. Great. Now we have one more way to ignore them and their propaganda.

- Supposedly, *The Continental* costs about 5 G's per issue. Isn't that suspiciously similar to the cost of 2 Fendi purses (but, *sigh* not a silver Lexus)?

- Oh, you are studying abroad in the spring? Pick me up a nice suitcase of shut the hell up.

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THE SPECTATOR

When Ian Mandel handed me over the key to the Spectator office, I had only a partial idea of the responsibilities, trials, late nights, heated debates, and supreme satisfaction that this job would bring me. Most of all, I had little idea how close I would grow to and how much I would come to depend on the staff of this newspaper. We have all developed and shaped ourselves into an incredibly cohesive and dedicated staff over the course of this semester, through our dedication to the Spec, but also in our support for one another. This staff, above all others I have worked on since freshmen year at the Spec, has come together in an amazing way to put together a truly remarkable publication. I would like to thank each one of them for all they have done this semester.

With Nick and Eileen in charge of the Sports section, students have been kept informed of Hamilton's performance in just about every single sporting event on and off campus. They have edited an impeccably organized and stylized section, meticulous down to the last IM sports standing. I am personally indebted to them for increasing my sorely lacking sports knowledge, and it is thanks to them that I now know that no, Vince Lombardi does not need a class year.

Matt Crowson has had the incredibly difficult job of running Science and Technology. Despite his constant struggle to entice science majors to write, he has succeeded in putting together a captivating and diverse section, even if he has had to write many an article himself. We have gotten to read the many articles he has written that apply directly to our lives here at Hamilton, such as the scientific proof that flies are contaminating our food in Commons and the Diner, and advice on how to overcome the stress that wears us down as finals approach. Not only has he kept us informed, but laughing as well. His sense of humor despite stressful situations on Thursday night in the Spec office, combined with his weekly Darwin Award, has kept me smiling this semester.

Rebekah and Nicole just began working as the editors of A&E this semester, but are already well integrated into our Spectator family. It is incredibly difficult to come into a group of people who have already been working together as a staff, and establish yourselves as individual editors, but they have adjusted extremely well. Over the course of the semester, I have experienced them not only become more comfortable with sharing insights and suggestions with the staff, but also develop an amazingly diverse section with a multiplicity of interests and musical tastes represented; their articles have ranged from video game reviews and album critiques, to top movies and Ipod playlists.

Matt Cashman has come up faithfully just about every week this semester to fill our copy editor void. I owe him many of my laughs on Thursday night, usually in conjunction with his severe frustration over some ridiculous grammar error that we should not be making at this point in our college careers.

Pat has shown an intense, and perhaps unhealthy, amount of dedication from his first night up in the office, where he stayed until 4 a.m. without complaint. Since then, he has routinely stayed late to help out in our times of crisis. He will be staying on next semester as a co-I&I editor, and I wish him the best of luck in handling the diverse viewpoints, and hopefully many passionate letters to the editor, that this section is filled with.

Emily started coming up the Spectator office because she was one of our best writers in the News section. She quickly moved from copy editing to training for the News editor position, an incredible accomplishment for a Hamilton freshman. She has not only been picking up the editing process quickly, but also staff relations, fitting right in immediately with everyone else. I wish her best of luck with News next semester.

Melissa has taken beautiful and creative photographs for the Spec this semester. However, it is not only her art that has been a significant contribution to the newspaper, but her sweet personality, jokes and smile on Thursday nights as well. It is rare to have a photography editor so dedicated that she will stay around to have conversations about larger issues with the newspaper and just to keep the other editors company once she has finished her work, and so frequently come back to the office when we call her late at night with some missing photo crisis.

Dan not only takes the photographs we need to make the Spectator look as lovely as it does every week, but is tirelessly willing to go out and get more when we're lacking a photo on Thursday night. He brings a new level of professional photography to the Spec (NYTimes credit...what?), as well as an incredible effort to raising our advertising. He single handedly organizes the Spec's advertising, soliciting new parties and managing all of our existing ones. It is because of him that we get to eat on Thursday night, my thanks for which cannot be expressed in words. I would be lost on Thursdays without carrot cake. Dan is also responsible for keeping a majority of the Spec staff from still being lost in NYC. But on a more serious note, I want to thank him for his perspective and insight from the point of view of a veteran Spec staff member.

Ben has contributed many an insightful perspective to the Spectator, not only in terms of his articles, but in also in the point of view that he brings to the staff. I owe it to Ben for opening up my eyes to a new perspective that I otherwise would never have known on several different occasions, and for working to bring a balance to this paper, whether it is in Thumbs Up/Thumbs down or a News article.

Jerome has brought a whole new definition to the position of Layout Manager. He has been a constant source of laughter and entertainment, and has stuck with us through the multiplicity of technical problems we have had over the semester, never tiring of the fact that his knowledge of how to manipulate InDesign far exceeded that of the rest of the staff's combined. He has also contributed immensely to the stylistic elements of the newspaper, frequently helping the other editors with creative layouts and designing our new teaser and very professional masthead. I will be lost without him next semester; he can look forward to many a frantic phone call in D.C. from the Spec staff when we can't figure out how to text wrap properly. I think for all this, I might just owe him my Harry Potter scarf.

Eric has also redefined what it means to be a section editor; not only has I&I been impeccable throughout his tenure, but he has brought a whole new depth to investigative reporting for the Spec. I owe Eric for the many tips and breaking news stories (his dedication is so great that he even rushed back in this morning at 2:30 a.m. to let us know South was "on fire") that we have been able to follow up on in Spectator articles, and don't know what I'm going to do without him next semester, although I'm sure he'll be on the phone constantly from D.C. as well, feeding us the hot news from here on the Hill. His dedication extends well past his early mornings spent here at the Spec, frequent pass outs on our sofas and constant supply of delicious chocolate covered foods; a true 9-11 editor, Eric has relentlessly given me his insight, encouragement, and support throughout the course of this semester.

Laura has stayed with me to the bitter end on many a Spectator night, and knows better than anyone else on staff what it is like to see sunrise through Bristol's windows, a beautiful and slightly humorous, yet entirely disturbing feeling. I cannot fully express my thanks for her support this semester, in seeing me through the more dramatic nights and in guidance and advice in the Spectator and far beyond. I had no idea last semester when she said that she would move out of S&T and into crisis-filled News that I would find such an incredible collaborator in her. Not only have her News articles been meticulous and beautifully written, but she above any of us has been able to maintain an objective and unbiased view, as unbiased as you can get, in many a stressful and difficult situation. With me, she has seen the staff of the Spec go from factioned and disjointed in previous semesters, to as cohesive and communicative as it is right now. When you get right down to it, the Spectator is responsible for our friendship as well, and I am incredibly thankful that she has been here at the News desk next to me, albeit sometimes till 8 a.m., this semester.

Marty has run Features with remarkable creativity this semester. We have seen articles on a variety of subjects previously untouched by The Spectator, articles truly geared towards students and bettering our campus community, such as his coverage of the Golden Bikes and a host of other articles on clubs, student organized activities and new options or organizations for students on campus. He has broadened his section to include the types of articles that really help to keep students informed and interested, letting them know everything from how to join the juggling club to who President Stewart's fashion idols are. He has developed as an editor and a leader of his writers over the course of the semester, and it is because of the development of his creative and managerial skills that I know he will serve The Spectator well next semester. Since Marty decided to apply for the position of editor-in-chief, I have seen a new sort of confidence and leadership developing in him. He has already come up with a variety of different ways to improve the newspaper next semester, and has already shown, in several difficult situations recently, his ability to communicate effectively with the rest of the staff. In our staff meeting this past Monday, I listened as he outlined his plans for next semester, and knew that he was already set to begin taking on this position as he spoke with confidence and leadership, and then listened attentively to all of the suggestions the rest of the staff had for him. I wish him the best of luck next semester and during his entire tenure as editor-in-chief.

Letter to the editor

To Editor:

The Social Traditions Committee would like to thank everyone who attended the first annual Hockeytown game. Over 1500 fans filled the Clinton Arena on Tuesday night to watch Hamilton men's hockey play Utica College. The events surrounding the game served as a celebration of the past, present and future of hockey in Clinton. Although Hockeytown took place during a busy time of year, it was great to see so many people—especially Hamilton students—attend the festivities.

The generosity of those who attended was tremendous, as their attendance supported two great organizations: Clinton Youth Hockey benefited from ticket sales, while cans were collected for the Hope House in Utica. More than 1,000 food items were collected, with donations coming from students, faculty, residents, and the Utica, Clinton, and Hamilton hockey teams.

The event was organized by Social Traditions Committee, with help from Strategic Financial Services, the Office of Alumni Relations, Student Assembly, the Clinton Arena staff, Hamilton College Athletics, and Coach Grady.

Overall, Hockeytown was an incredible display of community and a testament to the positive town-gown relationship between Clinton and Hamilton. We look forward to making Hockeytown an annual tradition and hope you will join us at next year's event.

Sincerely,

The Social Traditions Committee
Katie Childs '08, Co-Chair
Allison Gaston-Enholm, '09
Co-Chair
Jenn Anderson '10
Grant Blosser '09
Alex Caruso '09
Marty Connor '09
Tom Gillespie '09
Wenxi Li '10
Emily Smith '09
Lauren Tom '10
Lindsay Waterbury '09

Letters to the editor policy

***THE SPECTATOR'S* LETTER TO THE EDITOR SECTION IS DESIGNED TO BE A FORUM FOR THE ENTIRE HAMILTON COMMUNITY TO DISCUSS AND DEBATE CAMPUS, LOCAL, NATIONAL AND GLOBAL ISSUES. PIECES PUBLISHED IN THE SECTION EXPRESS THE OPINION OF THE INDIVIDUAL WRITERS, AND ARE NOT NECESSARILY THE OPINIONS OF *THE SPECTATOR*, ITS EDITORS, OR THE MEDIA BOARD. LETTERS TO THE EDITOR ARE WELCOME FROM ALL STUDENTS, ALUMNI/AE, FACULTY, FRIENDS OF THE COLLEGE AND HAMILTON COMMUNITY MEMBERS. NEVERTHELESS, *THE SPECTATOR* HAS THE FOLLOWING POLICIES FOR SUBMISSION:**

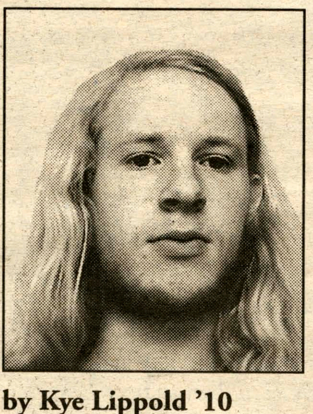
1. Submissions are due by 10:00 p.m. on the Monday before publication. Submissions can be sent by email to spec@hamilton.edu or to the individual I&I editor (bnoble or phodgens). The editors reserve the right to refuse any late submissions.
2. Letters should be no longer than 650 words.
3. Letters submitted anonymously will not be printed.
4. *The Spectator* will not edit letters for misspelling, poor grammar or diction.
5. *The Spectator* reserves the right not to publish any letter it deems inappropriate for publication.
6. If a piece is determined to be libelous, an unwarranted invasion of privacy, or an unnecessary and/or unwarranted ad hominem or personal attack, it will not be published.

Thank You

**To all our writers this semester.
Have a great break!**

**from Ben Noble and Pat Hodgens
Insights & Ideas Editors**

Iraq options: anything but stay the course



by Kye Lippold '10
INSIGHTS & IDEAS WRITER

When the new Congress comes into session before we come back from winter break, they will have to consider the future course of the Iraq War. Thanks to this Wednesday's release of new recommendations by the Iraq Study Group, a bipartisan panel gathered to weigh the various options in Iraq, the new Congress will have a mandate for change.

The question is which avenue of change they will adopt. I present here the options that have been widely discussed as possibilities for resolving the Iraq situation:

1. Huge Troop Increase: A Pentagon review of Iraq considered doubling U.S. forces to win the war against insurgents. The Iraq Study Group rejected this idea, as did Donald Rumsfeld before his departure; increased force would be unpopular and has not helped the current situation. General John P. Abaizaid, head of U.S. forces in Iraq, also pointed out that more U.S. troops would discourage Iraqis from working for themselves.

2. Temporary Surge in U.S. Troops: This Pentagon strategy possibility, titled "Go Long," suggests adding 20,000 U.S. troops for a short period to take control of Baghdad, then reducing troop numbers over the long run. This plan has been criticized because any troop increase could not be sustained, according to General Abaizad in November 15 Senate testimony. The Iraq Study Group also concluded that increased number of troops would be ineffective, since any progress they made would be quickly erased without popular support.

3. Full Troop Withdrawal: This option, supported by many Democrats, has been opposed by the administration, the Joint Chiefs of Staff, and the Iraq Study Group because of the threat of civil war resulting from an American exit. Still, many Democrats insist that withdrawal is the only way to galvanize Iraqis to action, a proposal that is reflected in the Study Group's compromise plan.

4. Train Iraqi Forces: This option is currently the Pentagon's strategy, which the Study Group supported. In the last three weeks, 1,000 U.S. troops moved from combat duty to advising Iraqi units (according to the *New York Times*). The effectiveness of this solution is still uncertain; in November, many military officers interviewed by the *Washington Post* criticized the advising program for his lack of interpreters and proper training for advisors. Also, the Iraqi Army 9th Division's first attempt to command their own operation met with mixed results last Saturday, and Iraqi forces still need more training, equipment and logistical support. Iraqi Prime Minister Nouri Maliki stated after his meeting with President Bush on November 30 that Iraqi forces would be ready to take over responsibility for the country by June 2007 (according to the BBC), slightly earlier than the Study Group milestone. To meet this goal, the Pentagon has laid out plans to triple the number of advisers in training.

5. Regional Conference / Reaching Out to Iran and Syria: One of the Iraq Study Groups' major recommendations was to make diplomatic overtures to Iran and Syria, which are considered abettors of the Iraqi insurgency. In return for giving the Golan Heights back to Syria and offering Iran positive "incentives" instead of threats, the Study Group believed that these nations would be willing to keep better control of their borders and stop funding insurgent forces in Iraq. However, the White House has consistently opposed diplomacy with Syria or Iran, so this option may thus face political opposition.

6. Resolve Israel / Palestine problems: The Iraq Study Group members stated that "The United States cannot achieve its goals in the Middle East unless it deals directly with the Arab-Israeli conflict and regional instability," and called for direct talks between Israel, Lebanon, Syria, and the Palestinians in order to achieve peace. While President Bush has supported a two-state solution for Israel since 2002, he has tried to avoid letting Iraq and Israel be linked as foreign policy issues. This proposal would be a particularly notable change in strategy.

7. Dividing Iraq: Advanced by Senator Joe Biden, this plan would aim to reduce ethnic violence by splitting Iraq into Shiite, Sunni and Kurdish provinces. This plan has now faded into the background due to fears of chaos and violence involved in relocation.

8. Stop the Militias: One of the major concerns in Iraq currently is the threat of Shiite / Sunni civil war, which has been intensified by Shiite death squads infiltrating Iraqi police and the presence of strong Shiite militias such as the Madhi Army. President Bush has been working to reduce Prime Minister Maliki's reliance on Shiite elements in his government, and recently Maliki committed to rejecting militias (according to the BBC). The Iraq Study Group advocated inviting international disarmament experts into Iraq to remove militias, and suggested integrating the notoriously militia-ridden Iraqi National Police into the less corrupt army.

9. Milestones for Progress: The Iraq Study Group suggested making U.S. support for the Iraqi government contingent on Iraqi completion of goals, one of which is complete Iraqi control of the country by the end of 2007 to allow withdrawal of American combat forces. While this option may not be popular among advocates of total victory or pacifists who want out now, it does represent a compromise between Republicans and Democrats in a very partisan climate on the war.

President Bush may oppose the policy; he created his own group of Iraq advisors in order to have alternatives to the Study Group's plan, and he has recently opposed any idea of withdrawal. The question is, will he compromise?

Ultimately, the War in Iraq has numerous options for resolution, all with flaws. The one option consistently discounted has been staying the course; after the reaction against Iraq in the midterm elections and with the increasing sectarian violence in Iraq, most political leaders (except, perhaps, the Bush Administration) now acknowledge that U.S. troops must leave Iraq at some point.

The Iraq Study group pointed out the nearly 3,000 dead troops and $2 trillion total cost of the war make it impossible to continue on the current path. While the Study Group admitted even their plans have shortcomings, they offered hope that "there is a new way forward." I just hope our leaders pick the right way.

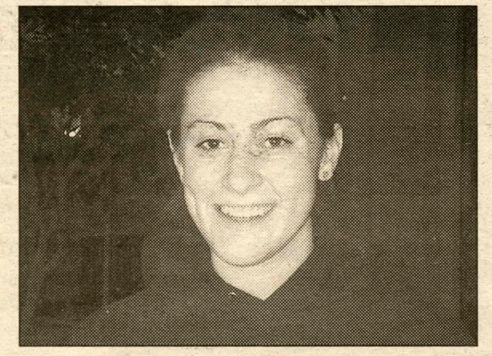
Hamilton Unscripted

This week's question:
Have you been naughty or nice this year?

by Nonny Chizea '08 & Kazare Lowe '10

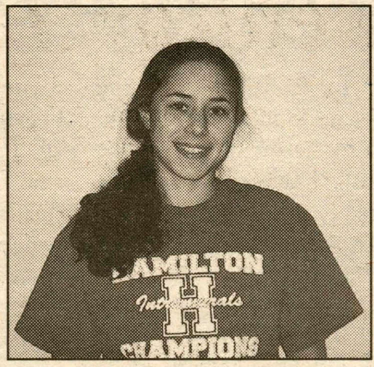
"I've definitely been naughty."

Joseph Dominquez '09



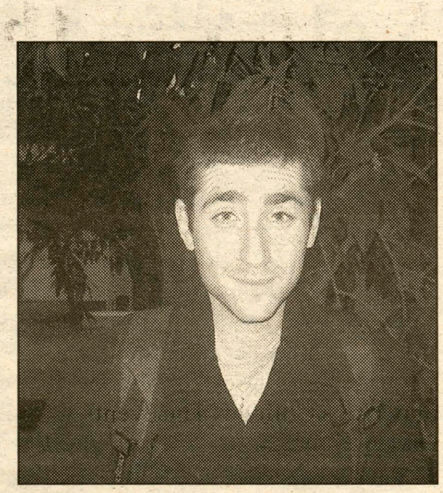
"I'm on Santa's nice list."

Laurel Kagan '08



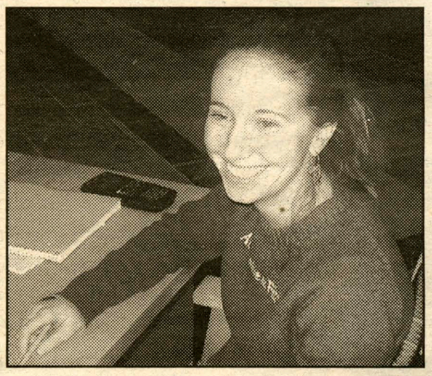
"I've been naughty in a nice way."

Hillary Keating '10



"I've been too nice."

Jared Solomon '08



"I've been nice."

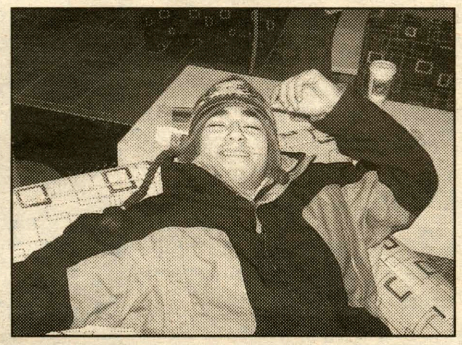
Lindsay Marks '07

"I've been a little nice and a little naughty."

Justin Caldwell '09

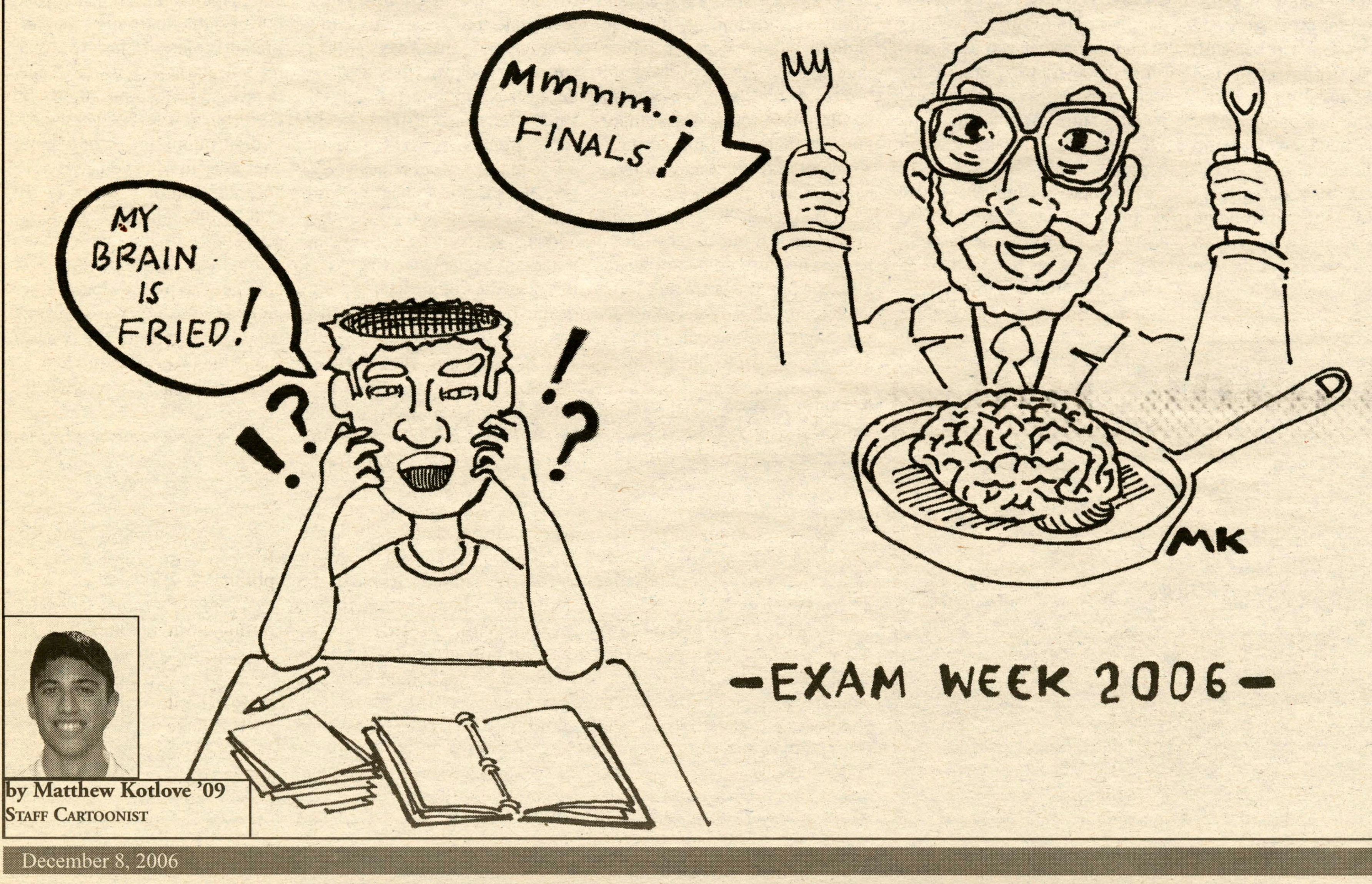
"I've been naughty to nice people."

Jasmine Jolly '10



"I swing both ways."

Greg Cassidy '10



by Matthew Kotlove '09
STAFF CARTOONIST

A closer look at Bon Appétit food services

by Mallory Reed '10
Features Writer

Bon Appétit is a food service with "a dream." According to Hamilton College General Manager Patrick Raynard, "Our dream is to be the premier onsite restaurant company known for its culinary expertise and commitment to socially responsible practices."

With this philosophy in mind, Bon Appétit has been dishing out fresh, inventive cuisine at Hamilton College since 1995. Executive Chef Reuben Haag works with the goal, which is to "provide the best possible food service," and revealed, "I genuinely believe that making everyone happy is why we are here." He continued, "Bon Appétit entertains a core of socially responsible practices, from buying cage-free eggs to sustainable seafood, and purchases as many ingredients as possible from local farms and venders." He added, "We like to do everything to the best of our ability."

However, there have recently been numerous concerns among the Hamilton Community regarding the quality and availability of food in the dining halls. Many upperclassmen such as Katie Donahue '08, have noted a drop in the quality of the dining service. Donahue said, "The food has been spotty this year." She added, "They have been out of peanut butter a few times. It's not a good situation when you are out of the basic food."

Other students and staff have expressed dissatisfaction with the lack of fundamental food items, especially on the weekends and before breaks. Gail Corneau '10 said, "I think [Bon Appetit] has severely cut down on their options over the past week. Last weekend I noticed they were out of juice, milk, cereal and bagels." Jackie Schuck '10 said, "I always feel like they run out of food on the weekends," and Wenxi Li '10 added, "Right before break, Bon Appétit seems to take a break before we do."

Executive Chef Haag apologized and said that there is "no excuse" for Bon Appetit to run out of basic food items. He explained, "There is no incentive for us to not have staples because it drastically lowers satisfaction." The difficulty lies in having no guide to dictate how many people will pass in and out of the dining halls on a given day or weekend. Haag explained that Bon Appétit tries to gauge how much food to prepare based on weather and sporting events, but that that there is no sure way to tell. He said, "For example, McEwen could have 300 or 600 people come to dinner. We try to plan as best we can but sometimes it doesn't work out." Haag said, "Last weekend, a lot more people came than we thought. We made a mistake and it won't happen again."

Executive Chef Haag also said that the days before breaks are challenging because the common perception is that there is less food available. However, he said that program requirements always ensure variety and availability. He explained, "There is a feeling there is less food around because the shelves are not fully stocked." For example, Haag said the racks of bread are not full; rather they only contain what is needed for the day. Because students are used to seeing rows and rows of bread, this creates an illusion of a scarcity. Haag said breaks are difficult because "We don't want to be stuck with a lot of food that will go bad."

There has also been disappointment among the Hamilton Community over a lack of variety at mealtimes. Jonathan Milhauser '08 said, "I think the choices at McEwen are worse than last year," and Mike Amaral '10 revealed, "As a person who is allergic to mushrooms, there are not many options because so many entrees contain mushrooms." In response, Executive Chef Haag said, "Keeping things new is one of our biggest challenges, because no matter what, after a while it's not good." He explained, "It's like eating in your favorite restaurant 21 times a week. It could be the most delicious food but eventually you will get sick of it." James Reynolds '10 agreed. He said, "The food is excellent. People are starting to take it for granted and expect a lot more than they should. It's a common phenomenon that once you get something for 'free' you start to expect more and more."

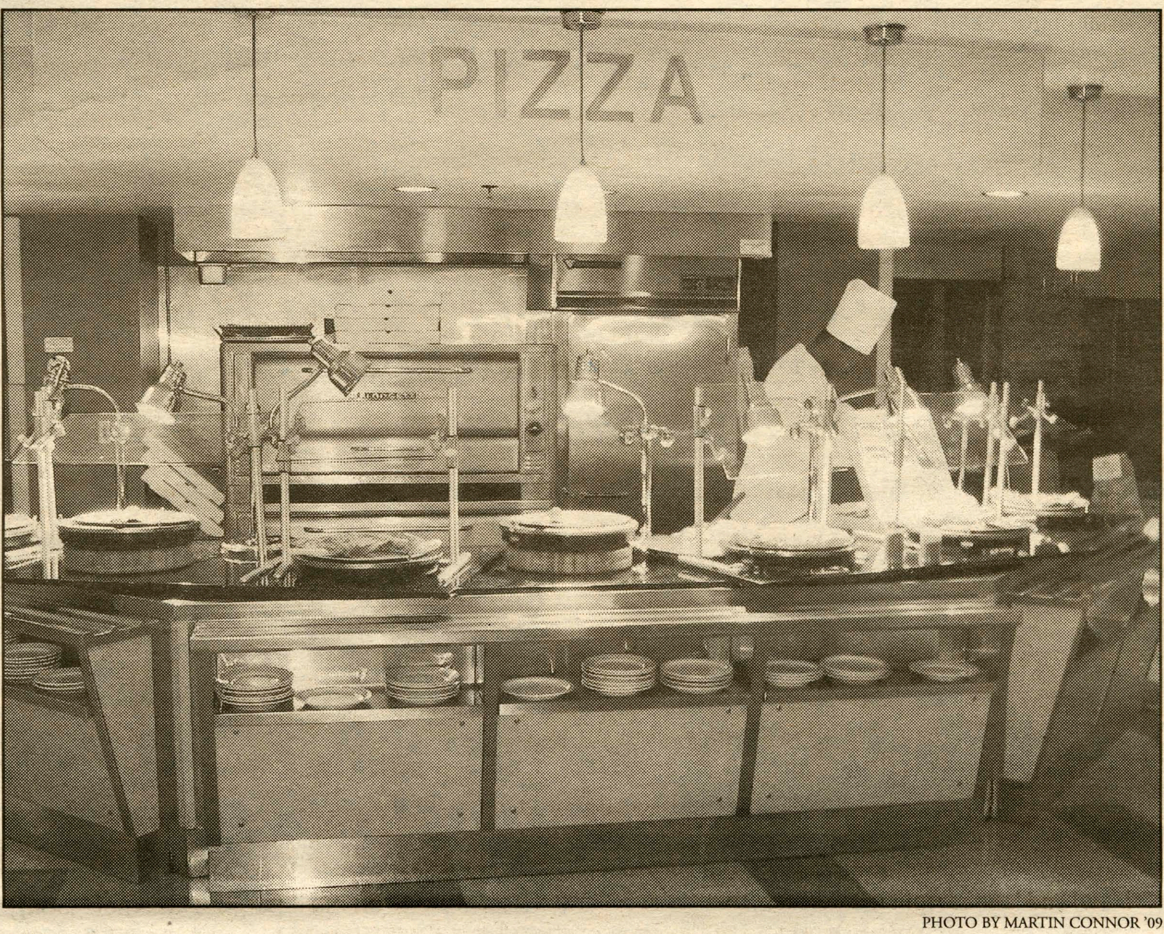


PHOTO BY MARTIN CONNOR '09

Bon Appétit has handled all food services for Hamilton since 1995. Lately questions have been raised about the quality of the service and variety of food.

Executive Chef Haag also revealed, "Communication both ways is always a challenge." He said that he reads the comment cards every time he walks by them, "We would love more feedback, requests, and comment cards." Each week, Haag sits down and plans the menu for the week based almost entirely on student requests and interests. He said, "Menus are written based on requests and popularity. If you ask me for something you will likely see it next week." He added, "We want to know what you want because we know the it is the little things that are a big deal to people. Even if we can't get it we will try to find some way to make you happy." Haag added, "I would encourage anyone with a dietary intolerance to let me know. We can certainly help."

For example, Haag said last week someone made a request for green olives. He explained, "Something like that is so easy. Olives probably weren't on the salad bar because we were not aware there was a demand for them, or because we needed to make room for something else." Also, when Haag was alerted to a common complaint of a lack of fish, he said, "Now that I know, you will probably see it on the menu next week." Even something bigger, like bringing back the stir-fry station after a brief absence, is easy to fix. Haag said Bon Appétit likes to experiment with new things in order to "spice things up." But once demand dictates the return of old practices or items, he believes they are appreciated even more. He said, "We are always trying to make things different."

Students have also questioned the obvious increase in quality and variety at the dining halls over Family Weekend. Haag said this is based on a request from the College and does not relate to Bon Appétit trying to impress families. He said Family Weekend is a rare chance to charge more money at the door to "cover the fluff." He said, "We get to bill more money so you get more. The more people who come in, the more you can do." He added, "The money that people pay at the door goes directly back into the program to cover the cost of decorations and extra food."

Amy Tannenbaum '10 revealed, "Honestly, I think people complain a lot, but I think the food is a lot better than other schools." French Professor Cheryl Morgan recently ate at Bowdoin College, ranked "best campus food" by the Princeton Review and said, "I didn't think it was any better compared to what you guys have here at Hamilton." Wenxi Li '10 said, "Although I think improvements can definitely be made in quality and variety of food, compared to liberal arts colleges around the nation, the quality of Hamilton's food is above par." Bon Appétit tout le monde!

What's Up This Week at Hamilton

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Daily Prayer- 12:00 PM - Chapel Lounge	Newman Mass- 12:00 PM - Chapel	Meditation Group- 7:00 PM - Chapel Lounge	Newman Mass- 12:00 PM - Chapel	Have a great Winter Break! See you in January!
Student Assembly Meeting- 9:00 PM - ELS	Womyns Center Metting- 9:00 PM - Womyns Center			
AAF Meeting- 8:00 PM - Chapel Lounge				
Study Hard!	Keep on studying!	You're almost there!	Good luck on your finals!	

"Here we go, Hamilton, here we go!" This year's Orange Bowl a success!

by Bianca Dragan '10
Features Writer

What could be better than attending a Friday night Adirondack Adventure reunion, eating dinner at the Diner, going to the Men's Ice Hockey game, and then returning to your dorm room with a game puck and a t-shirt?

Not many things. Just last Friday night, we had some intense hockey action, with fans yelling, boo-ing and cheering fanatically for the Continentals!! After all, it was the Orange Bowl!! It is known to be a tradition for fans to celebrate the first goal of the year by throwing oranges on the rink, but this year, except for a couple of stranded oranges, the fans limited themselves to cheers and applause. The night used to be a lot worse until in 1994 when the tradition was severely censored because it involved Hamilton in a huge scandal.

Abby Morton, senior acquisitions assistant at the Hamilton Library remembers: "Fans used to throw more than oranges, but that year, things went too far. An inflatable 'lady' was thrown on the ice. That was in very poor taste." The whole Hamilton community was outraged. The "African American" doll (if a doll can have a nationality) plunged the campus into weeks of debate on racism and sexism. The incident was covered by every newspaper in the region. Even *Sports Illustrated* wrote an article about college hockey (the "streakers" didn't appear in *SI* until later) that also involved oranges, live mice, a melon; there were also rumors concerning a dead squirrel and a whole turkey being chucked on the ice! The Continentals won the game 7-1, but President Eugene Tobin banned all the spectators from the following game, except the team's family members. The security was increased: Campus Safety checked fans at the entrances, and if you were caught you had to abandon the orange, for example, and could not attend the hockey game in Hamilton's Sage rink.

Ironically enough, the fans' behavior caused their favorite team penalties. Head Coach Phil Grady confessed: "The Rule book says that if fans throw 5-10 oranges, 100 oranges, the team on the ice gets penalized. There were games when the team lost because of the oranges thrown on the ice; the team players had to sit in the penalty box. A single game can make the difference for making playoffs, not making playoffs, winning the championship, not winning the championship." Although it may sound unreal, an orange on the ice can turn deadly. Coach Grady continues: "(Orange's) Seeds on the ice can seriously hurt an athlete. They can interfere with his skating or can even hit him in the eye." So here come the nets to the rescue. Coach Grady knows that safety is the main thing: "Most think that the netting is for people not to throw things. This is only one of the reasons. Their purpose is mainly to keep the audience safe. It was common for people in the audience to get seriously injured." Not anymore.

One of my best friends, Mandy Bowman '10, tells how we were almost hit by the puck (t hough thanks to the netting we were not), "The puck was hurling at us during the Orange Bowl and landed right in the seat ahead of me. I thought I would just throw it back to the refs. But everybody started cheering for me, telling me 'good job' for getting the puck. I was pretty excited and the puck is a great memento from my first Men's Hamilton Ice Hockey game!" The rest of the Continentals fans got something else in return. Ryan Morris, junior class president '08, confessed:, "Over the past two years, Student Assembly was gracious enough to fund money for t-shirts, hats and foam hands to add to the excitement." This is not all that it was organized for the Continentals' fans. Ryan continued, "The class of 2008 and I have wanted to bring a Journey Tribute Band to campus for quite some time; this semester, we were finally able to do it. One of the dates the band was available to play was the night of the Orange bowl, and we couldn't think of a better way to ensure a great time for all. The band is named 'Separate Ways,' and they are based out of Long Island, NY. They even hired their own sound company that came all the way from Delaware. It took some time to work out all the details of the event time, location and funding, but we were able to pull it all off thanks to the help of Student Activities, KSA, PSi U, and ATX. The show was a big success, and I think the crowd really enjoyed the band. We had a fully packed Annex and everyone was excited, especially after the hockey team's 6-3 win over St. Michael's." He concluded: "I'd like to see the after party turn into a new Orange Bowl tradition." Something that would be nice to turn into a tradition as well is the exceptional initiative of the hockey teams. Coaches and players came up with the idea of donating the proceeds from ticket sales for the men's hockey game played at Clinton Arena to the Clinton Youth Hockey Program. Also, fans attending the game were encouraged to bring canned goods to be given to Hope House. In return, the first 500 people received a limited edition "Hockey Town USA" T-shirt. This is not the only admirable deed coming from the men's hockey team. They are doing community service regularly. Coach Grady explained why: "Hockey has been so good to us, and we feel it's only natural for us to give something in return, to give something back to the community." Although nobody seems to know how the Orange Bowl started, or for that matter, how similar traditions at other colleges started (so Hamilton College-oranges, but also University of New Hampshire- dead fish, Harvard University- tennis balls or even the NHL hockey team, the Detroit of Red Wings- squid), the tradition was to honor hockey and the players. Coach Grady did give me a hint on what had possibly started the tradition: "In hockey, when a player scores three goals in a game it is called a hat-trick. If a member of the home team scores a hat-trick, fans throw their own hats from the stands onto the ice, often causing a delay in play." Nevertheless, it all comes to sportsmanship and cheering for the team. If you were at the games then you know how to clap your hands and shout with all your strength "Here we go, Hamilton, here we go!" and be hockey mad, funny and original, not offensive and hurtful. Like the Buffers that sang before the game started.

Finally, one of the hockey team players, Bo Armstrong confessed: "As players we feed of the energy from the fans. You play every game to win: for your teammates, your fans, and also, to honor the school and its reputation...The Orange Bowl is a time honored tradition and part of Hamilton hockey history, and as a team, we want to honor it as well." So let's make them feel that we're there for them, keeping them safe and empowered to say before the game:

"Good crowd out there tonight, boys, let's really try to win this one (Slap Shot)!!"

The next Men's Ice Hockey game at Hamilton College is on January 19, 2007 at 7 p.m.

See you there!

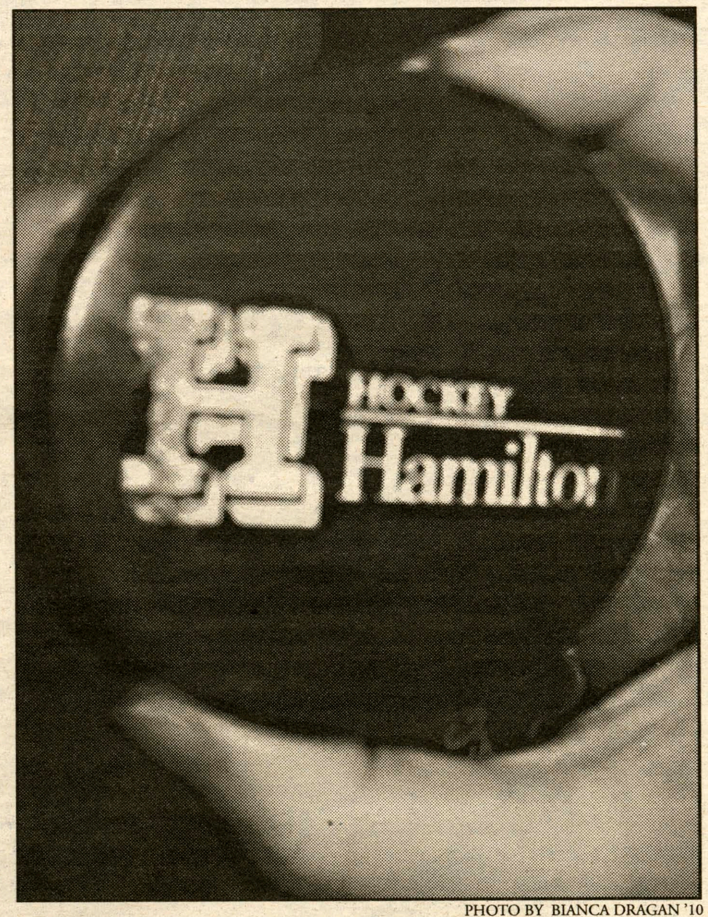


PHOTO BY BIANCA DRAGAN '10

This infamous Hamilton hockey puck flew through the netting during this year's Orange Bowl.

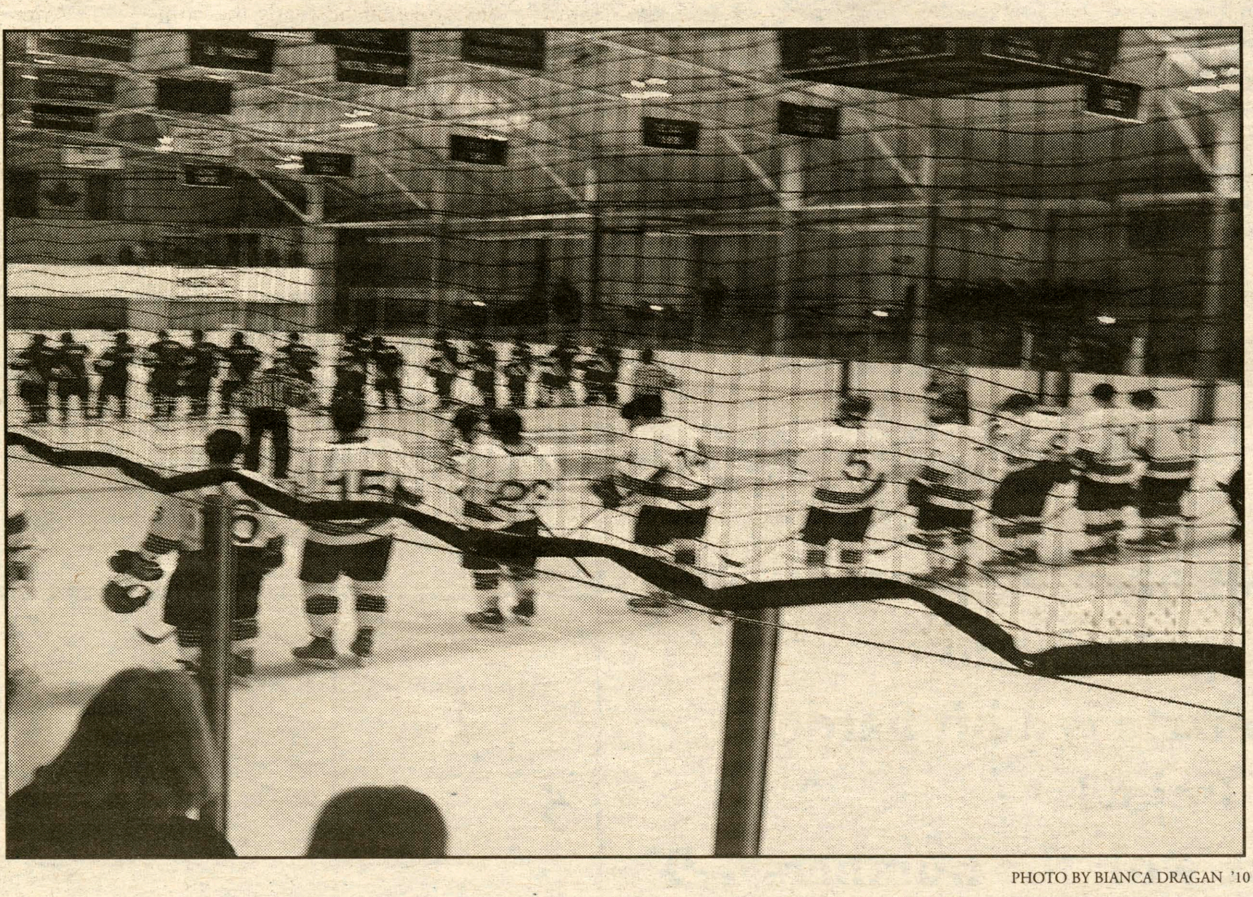


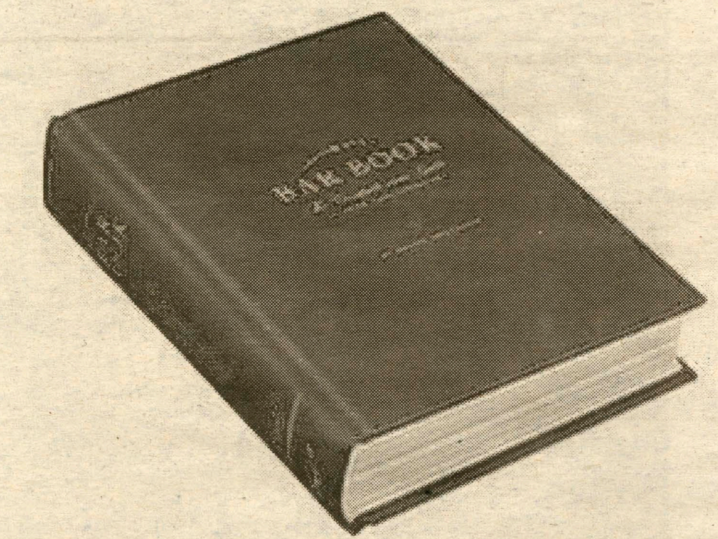
PHOTO BY BIANCA DRAGAN '10

Hockey players line up for the singing of the National Anthem by the Hamilton Buffers

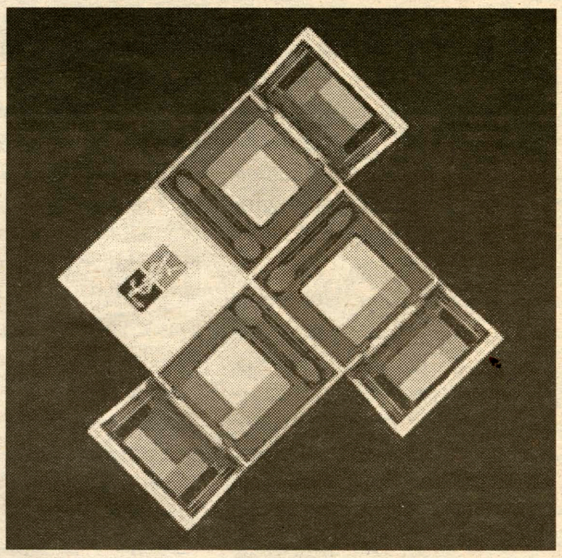
Hamilton *Style:* Gift Ideas for the Holidays!

by Nonny Chizea '08
Features Fashion Columnist

The holiday season is here and so is the end of the semester. After finals (counting from December 17, 2006), there are 7 days until Christmas and seven days to get some shopping done. Below you will find a simple list of suggestions of gifts for friends and family.



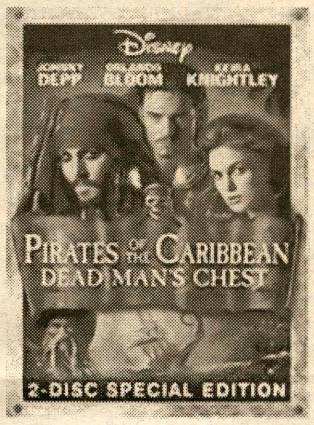
The Ultimate Bar book by Cole Haan includes mixes for Non-alcoholic beverages too. $25.00, colehaan.com



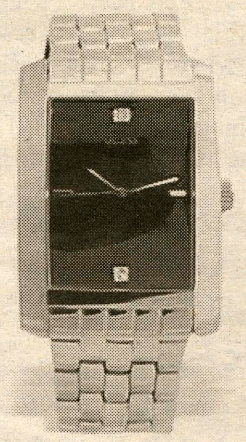
Yves Saint Laurent Parfums Eye Shadow Quartet $48.00, saks.com

PS3 Console. $600, walmart.com

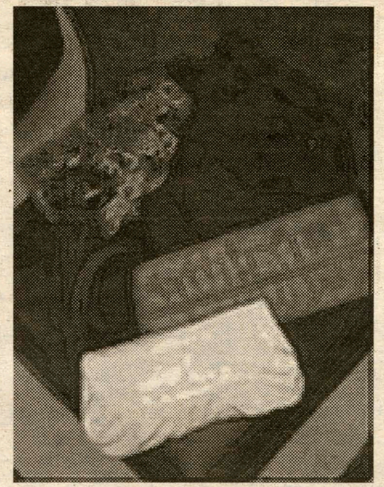
Angeni by NineWest. $69.99, ninewest.com



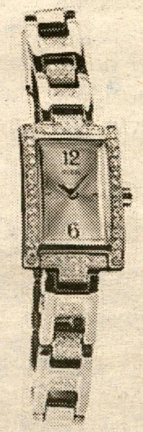
Pirates of the Caribbean: Deadman's Chest Two disc collector's edition. $19.99



Black Trust Watch. $100.00, guess.com



Clutches, belts & Blue Cult Jeans. Louel Clothing, Clinton,NY



Two Tone Lovely Watch. $95.00, guess.com

Weekly SuDoku Puzzle

by Martin Connor '09
Features Editor

SuDoku- The Number Sensation that's Sweeping the Nation:
This week's puzzle is a bit harder!
Enjoy!
Just fill every box with the numbers 1-9 so that every row, column and 3x3 box contains each number only once!

				2	7	4		
		5			4			1
7	4			9			5	3
		1		4		7		5
8	7			6			1	2
5		9		8		6		
4	8			1			2	9
2			4			1		
		6	2	7				

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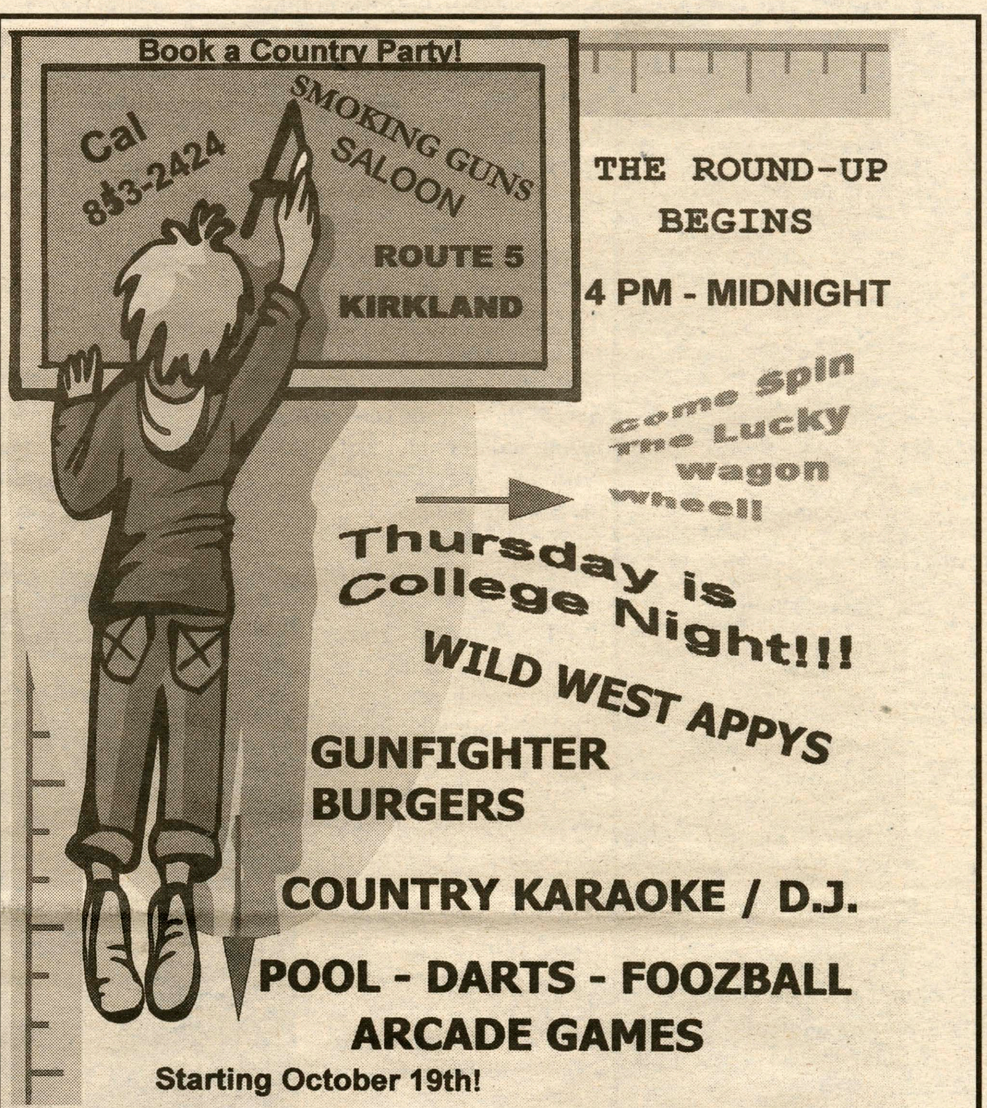
SATURDAY-BLUE,BLUES and BBQ /pitchers of Labatts Blue, $5.00
Live Blues band-Bernie Clark and the Rhythm Sharks



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Starting October 19th!

October:
Oct 27: Mchanical Bull
Seven Bridges Band

Oct 28: Fulton Chain Gang (band)

November:
Nov. 2: College Night - Karakoe/DJ
Line Dancing

Nov. 3 - Seven Bridges (band)

Nov. 4 - Seven Bridges

No. 9 - College Night - Karaoke/DJ
Line Dancing

Nov. 10 - Mechanical Bull
Seven Bridges

No. 11 - Branded (band)

Nov. 16- NASCAR driver Ken Schrader
College Night - Karaoke/DJ
Line Dancing

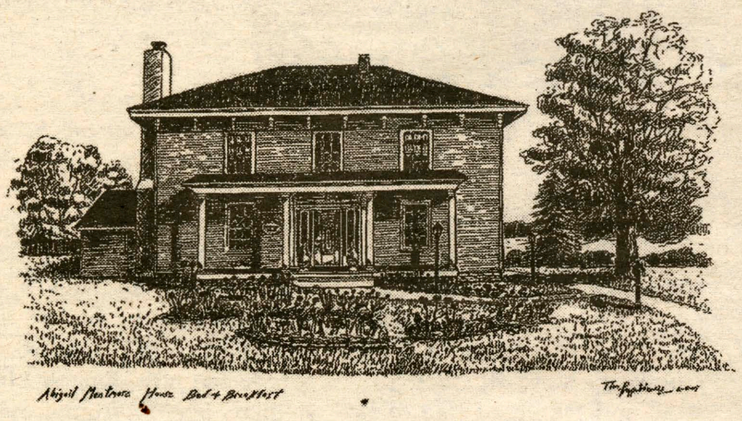
Nov. 17 - Seven Bridges

Nov. 18 - High Noon (band)

Nov. 22 - Renegade (band)

Nov. 24 - Mechanical Bull
Seven Bridges

Nov. 25 - Fulton Chain Gang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Weekly Charts

by Nicole T. Dietsche
Arts & Entertainment Editor

MUSIC

(From iTunes)

Top Albums

1. Eminem Presents the Re-Up - Eminem
2. Wintersong - Sarah McLachlan
3. The Sweet Escape - Gwen Stefani
4. Dreamgirls Soundtrack - Various Artists
5. Daughtry - Daughtry

Top Songs

1. Irreplaceable - Beyonce
2. Fergalicious - Fergie
3. Say It Right - Nelly Furtado
4. Keep Holding On - Avril Lavigne
5. I Wanna Love You - Akon feat. Snoop Dogg

MOVIES

(Yahoo! Box Office Charts)

1. Happy Feet
2. Casino Royale
3. Deja Vu
4. The Nativity Story
5. Deck the Halls
6. The Santa Claus 3
7. Borat
8. Turistas
9. Stranger Than Fiction
10. National Lampoon's Van Wilder: The Rise of Taj

BOOKS

(From The New York Times Best Seller List)

Paperback Fiction

1. THE MEMORY KEEPER'S DAUGHTER, by Kim Edwards
2. CELL, by Stephen King
3. THE TENTH CIRCLE, by Jodi Picoult
4. VALLEY OF SILENCE, by Nora Roberts
5. FOREVER ODD, by Dean Koontz

Paperback Non-Fiction

1. RUNNING WITH SCISSORS, by Augusten Burroughs
2. FLAGS OF OUR FATHERS, by James Bradley
3. THE GLASS CASTLE, by Jeannette Walls
4. THE PURSUIT OF HAPPYNESS, by Chris Gardner with Quincy Troupe
5. NIGHT, by Elie Wiesel

Sitting down with Antje Duvekot: Hamilton's new sweetheart

by Eric H. Thomas '09
Arts & Entertainment Writer

I might be in love with Antje Duvekot. Normally, I wouldn't go about publishing my feelings in *The Spectator*, but I'm making an exception here because I feel so justified. She is young, beautiful, talented, apparently fearless, and… oh yeah, plays the guitar.

For those of you who weren't fortunate enough to see Antje in concert in the Barn last Thursday, you missed out. In her second performance at Hamilton, this songstress joked with her audience, talked politics, discussed her songwriting, and with her gentle, pitch-perfect alto voice sang original folk songs of heartbreak, travel, home and more heartbreak.

I was lucky. I got to sit down with her before the show to talk a little about where her music comes from, what "folk" really means these days, and life on the road.

I was hoping that we could start by my asking you how you would describe your sound to people who didn't get a chance to see you last year?
I think I would have to say folk, in a sort of modern sense, like singer-songwriter. But from kind of a personal point of view… a la Ani Difranco or Dar Williams. Yeah, that's how I would describe myself, I guess.

Where did you get your start as a musician?
I mean, I've always been singing, ever since I was a little kid I loved to sing. I just sat around the campfire with the grown up people and listen to as much music as I could possibly soak in. But I started to write my own songs in high school. I hadn't really heard about folk music until high school, I was mainly just listening to pop radio like Madonna and Michael Jackson, like everyone else… and one day I found this folk CD. I just sort of stumbled across it. It was this little compellation by Rounder Records, and just discovered this new sound, for me it was new, that was a lot more raw and stripped down than this pop stuff on the radio. It was just the guitar and a voice… Ellis Paul was one of my first discoveries, in that genre… and people like John Gorka. I just loved the sound and I got my first guitar and just sort of imitated it.

When did you first pick up the guitar?
I first picked it up during high school, and I can't say that I was really disciplined about practicing it, and my parents were super-opposed to me playing. They wanted me to just study, as in college. So… (laughs) there were times when I couldn't play when I wanted to, but… I sort of snuck a guitar into my dorm and I played through college, despite my parents.

Where did you go to school?
The University of Delaware.

What are you listening to now, besides your own music?
I just listen to myself (laughs). I feel really loyal to the underground folk scene… people may not necessarily know the people I listen to unless they're in the scene.

But if people want to check out some of these artists?
Sure, sure… Patricia Dowd, I've been listening to Kenny White a lot lately. Um… Susan Warner is another person I really like. Some people that are a little bigger; Patty Griffin is a big hero of mine, and I've been listening to a lot of Damien Rice. So, I guess overall, I prefer the acoustic sound to the rock sound… but I like some bands.

What does your typical venue look like?
I actually haven't played a lot of colleges. I'd like to play more. I feel like my songs are actually pretty popular among the younger crowd and the folk scene can be a little stale and a little aging, so I love to play songs for younger crowds, like colleges. I'd like to do more of that. I do like the either the rock club or coffee house… church basement, kind of folk coffee house. I mean, any venue where people listen and care about songwriting.

When did you first start playing for audiences and what was that like?
I first was in college, so the audience was like my dorm mates, and then I played little benefits on campus… that kind of thing. And then I have been touring, well, you couldn't call it touring, but for ten years, up to this point, right after college, I was playing out. I shouldn't say touring, I wasn't "touring" touring, because I was never very good at doing the business end of things, so I never booked tours very well. I don't have much of a business mind. So, really touring I've been since about a year ago when I got a manager who's taking care of the booking end of things.

And how's that going?
Good, it's a really nice lifestyle and I kind of like to be moving.

Are you mostly on the east coast or are you traveling all over?
No, I am starting to be in far away places like Colorado and California, with Ellis Paul, for the most part, because I don't really have a following there, yet. My fan base is still really east coast oriented, the Boston area, New York, Philly, kind of…

And I assume audiences are pretty receptive in those places?
Yeah, they are. In New England especially… they're crazy about folk music. It's a really vibrant scene among young people as well.

What's been hard? What are the harder parts of going on tour?
That's a good question. It's really hard to be torn away from your life. I really like living in Boston; I have great roommates and I feel like I keep missing out on things because I have to hit the road, y'know, and maintaining relationships is really hard when you're away all the time. And then you're home for three days, and you aren't quite in the rhythm of things, and then you have to leave again, so that can throw off your life rhythm, having to leave… So that's a challenge, the distance challenge, when it comes to relationships.

I was hoping we could talk a little more about your songwriting and where that comes from. What inspires you? What makes you sit down with a pen or pencil?
Um, well, heartbreak is the best motivator.

Wow, that's a little tragic.
(Laughs) I know. See, I started writing from a sort of a tragic place, so I don't know how to convert a sort of happiness into an urgency to write. I've always written out of the need to get things out. Sort of a therapeutic approach to writing, instead of writing in my journal when I'm upset I write a song. So most of my songs come out of that sort of upset kind of place, um. Because when I'm not upset, I don't think I need to process through writing.

You've obviously spent some time on the road with Ellis Paul, is there anyone else you see yourself collaborating with?
Yeah, that's one of the really cool things about this year and getting my foot in the door is getting to play shows with people I admire. I mean, I have so many heroes, from growing up. I just got signed to Flemming Booking Agency and they have a great roster. They are a lot of my idols… I mean, Ani Difranco is on that roster, so… I adore her. I probably would have a heart attack if I actually got to play with her. I guess, a wish…? Someone I'd really like to tour with would be someone I listened to growing up like Dar Williams or Patty Griffin, that would be my dream.

And what's next for you? What's after Hamilton College on the list?
It's just pretty random. I'm pretty all-over-the-place. I'm in New Jersey with Ellis tomorrow, and then a house concert in Massachusetts and then a college show in New York, so… yeah, I guess. All over the place.

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Antje Duvekot: whisking away the hearts of all eligable men on campus with only a few songs.

Holiday movies to get you in the spirit... to not study

by Leighton Smith '09
Arts & Entertainment Writer

It's that time of year again, finally. Very soon, most of us will be home with our families, relaxing. Without a doubt, a bit of this relaxation will take the form of watching some great Christmas movies. So, to honor the holiday season, here is a list of some of my own personal favorites.

10) *Santa Claus: The Movie* – Starring Dudley Moore and John Lithgow, this film sought to explore some of the age-old questions surrounding Santa Claus. How do reindeer fly? How does Santa go up chimneys? In addition to the plot about Santa's origins, there is another story within the film that follows the struggles of an elf named Patch as he takes on a corrupt toy manufacturer (played by John Lithgow).

9) *Love Actually* – While not as much of a Christmas movie as the others on this list, *Love Actually* earned a spot due to the numerous influences that the holiday season has on it. Critics seemed to universally agree that the film attempted to juggle too many stories simultaneously, but this fact has done little to stop it from garnering a fairly devoted fan base. Anyone can find something to love in *Love Actually.*

8) *The Santa Clause* – It is scary to think that this movie came out over ten years ago (1994). Makes me feel kind of old. Anyway, the original installment of this franchise was an entertaining movie. Unfortunately, subsequent sequels have failed to measure up to the first. I wonder if the kids going to see *The Santa Clause 3: The Escape Clause* have even seen the original.

7) *Home Alone* - Who wasn't completely envious of Kevin McCallister? The little guy fought off The Wet Bandits with such style and panache – it boggles the mind. And, ah, the classic characters: Harry, Marv, Old Man Marley, Fuller and Buzz. Another interesting tidbit about this movie: it grossed over $280 million at the box office, which puts it at 27th on the all-time list. Not too shabby.

WWW.GOOGLE.COM

Oh, the good old days when Macaulay Culkin was young, innocent and beating up bad guys in order to save Christmas.

6) *Miracle on 34th Street* – Here I am referring to the 1947 original, not any of the four remakes that have since been released. Those unfamiliar with it should revisit this holiday classic. The story chronicles a gentle old Macy's Santa, who finds himself taken to court for defending a fellow employee against false accusations. He has been placed in a mental hospital because of who he claims to be, and now must struggle to get himself exonerated.

5) *National Lampoon's Christmas Vacation* – The Griswold clan is at it again in this uproarious look at the Christmas holiday. Chevy Chase's portrayal of the family patriarch, struggling to hold things together, is just inspired. Throw in a hearty helping of strife caused by a visit from the in-laws, and you've got one of the funniest Christmas movies ever made.

4) *How the Grinch Stole Christmas!* (the animated version) – Based on the famous Dr. Seuss book, this book was brought to the screen in 1966 by Seuss' close friend Chuck Jones. The fantastic colors, the songs, Boris Karloff's word for word narration of the original text – this is truly a Christmas masterpiece.

3) *Rudolph the Red-Nosed Reindeer* – There are so many things to love about this movie. The characters are completely unique and delightfully quirky: Hermey the elf who wants to be a dentist is totally original; the memorable Yukon Cornelius; Rudolph, who just can't get his nose to work; and of course Burl Ives' turn as the narrator, Sam the Snowman, seems to fit perfectly. His singing has become completely intertwined with the movie, and it is hard to imagine any voice but Ives' singing those tunes.

2) *A Charlie Brown Christmas* – Most people have seen this holiday classic. Most people probably do not know, however, that much of the charm and sincerity of *A Charlie Brown Christmas* is almost accidental. Shot on a shoestring budget, the film was, from a technical standpoint, lacking in several areas. The animation was choppy, the sound editing and quality was poor, and only two of the voice-over actors were professionals. Had the creators had more money to work with, they would have produced a totally different movie. I love it so much the way it is – as I am sure everybody does – that I can't even imagine it being any other way.

1) *It's a Wonderful Life* – Opening to lackluster reviews and meager box office earnings in 1946, *It's a Wonderful Life* failed to gain any real recognition until the early 1980s. Since then, the film's growth in stature has been unparalleled. It now routinely places on 'Top 100' lists – and for good reason. This movie is truly an American classic. Jimmy Stewart's portrayal of the George Bailey character is timeless, and the impact of this portrayal is just as powerful today as it ever was. On a list of movies that can be watched every year, *It's a Wonderful Life* is the one that should never be forgotten.

"I make toys, but I've got aspirations
Make some noise
Use your imagination
Girls and boys,
before you wish for what you wish for
There's a list for who's been
Naughty or nice, but consider the price
to an elf..."

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HAMILTON PLAYLIST (HOLIDAY VERSION!)

by Nicole T. Dietsche '09
Arts & Entertainment Editor

Can you believe it? One week until winter break and we barely have one inch of snow on the ground (except it's snowing pretty good right now, so I may have spoken too soon). Global warming, indeed. Nonetheless, these songs should get you in the holiday spirit.

1. *Jingle Bells* by Barenaked Ladies - Barenaked Ladies make anything good, and even if you are absolutely sick and tired of listening to "Jingle Bells," this peppy version will make you want to listen to it again.

2. *Christmas Time is Here* by Gatsby's American Dream – A cover of the famous song from Charlie Brown's Christmas. You all know it, and you all know that you love Peanuts.

3. *Hanukah Song* (I and II) by Adam Sandler – Because it's hysterical. No where else will you find a list of Jewish (and not-so-Jewish) celebrities.

4. *Happy Christmas (War is Over)* by Street Drum Corps. feat. Bert McCracken – A cover of yet another famous holiday song, originally done by John Lennon. This cover jazzes it up and adds a lot of fun, cool and exciting percussion.

5. *December is for Cynics* by The Matches – The Matches are awesome as it is, but this song is just fun, even if it isn't necessarily the most positive holiday song. However after 24 hours a day of listening to the same old music on the radio and in the malls since, you know, Thanksgiving, this song is necessary.

6. *Feed the World (Do They Know It's Christmas)* by Far feat. Chino Moreno – Yet another cover of a great song that is a holiday staple.

7. *Alone This Holiday* by The Used – Great song by this screamo band from Utah. The lyrics are sad with a happy twist and there are jingle bells in the background. YAY for jingle bells!

8. *Forget December* by Something Corporate – From the band that gave you "Constantine" and a slew of other melancholy songs that you absolutely love, this song is up to traditional Something Corporate standards but Christmas-y.

9. *I Saw Daddy Kissing Santa Claus* by Stand Still– I feel like this song should be immediately on everyone's holiday playlist because it is just THAT funny. Gender-bender fun and the line "its seems he's much further in my closet than my toys," how can you resist?

10. *It's the Most Wonderful Time of the Year* by InMemory – Take the original song, add heavy drums, a picked up tempo and voila! A new and improved version of that oh-so-jaded song you're so used to hearing.

Cool Science Story of the Week

The Bottled Water Industry and Its Effect on the Environment

by Ann Hession

The bottled water industry has become an enormous, multi-billion dollar a year industry. But what are the effects of this on our environment? It is estimated by the World Wide Fund for Nature that approximately 1.5 million tons of plastic are used in the bottled water industry every year. While many of these bottles are recycled by conscientious consumers, most are not, and are ending up in increasingly over-burdened landfills.

Furthermore, there is the environmental cost of manufacturing and then transporting the nearly 100 billion liters of bottled water each year. Stores are filled with bottled water from all over the country and even the world – please consider the cost of fuel required to bring these bottles from Europe or even other parts of North America to your local store. When you consider that bottled water regulations only require the water to be as safe as tap water, the idea of paying for water to be bottled and then flown or shipped thousands of miles begins to appear quite absurd, and a very poor use of our natural resources.

What about tap water? Tap water is far less expensive than bottled water, but it has its own drawbacks. Lead, chlorine, herbicides and pesticides are commonly found in tap water. Sadly, they are all too often found in bottled water as well, since many bottled water brands on the market are simply bottled tap water! In addition, phthalates contained in plastic will, over time, leach into the bottled water, thus adding even more contamination to the water. In other words, bottled water is not guaranteed to be any safer than filtered water to start with, and after phthalate contamination from the plastic, it will in fact be even less safe for you and your family.

Unfortunately, most people consuming bottled water are completely unaware of these unpleasant facts. Certainly the bottled water companies are not going to educate their customers about the hidden negative effects of their products. It is hard to imagine an intelligent consumer continuing to regularly consume bottled water once they have become aware of both the uncertainty of the quality of bottled water and the enormous negative environmental impact of the whole industry.

Fortunately, there is an inexpensive and reliable alternative to tap water and bottled water. Home water filter systems are a far better option than bottled water in every way. A quality home water filter system filters out the dangerous contaminants found in tap water, including lead, chlorine, herbicides and pesticides. The home water filter industry has developed a wide variety of filter options, from drinking water filters to attach to your kitchen faucet, to under sink filters to shower filters to whole house water filters.

For pennies per gallon, a quality home water filter system turns your tap water into clean, healthy and safe water. No more bottles to deal with, no more bad taste or smell to your water, and no more concern about the water you and your family are drinking every day. For your health, for your budget and for your peace of mind, a home water filter is the best choice by far.

Story courtesy of www.buzzle.com

Faculty profile:

Assistant Professor of Psychology Tara Mackee

by Hathaway Burden '10
Science & Technology Writer

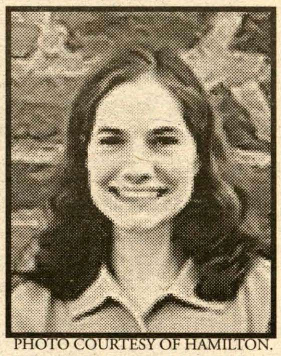

PHOTO COURTESY OF HAMILTON.EDU

T.S. Elliot once said, "You are the music while the music lasts." Few students would probably guess that Assistant Professor of Psychology Tara McKee has made the music last. While attending Buckell University, McKee was a member of the Silhouettes, an acapella group. Her fondest college memory is of recording a CD with the group. She continues her love of music today by participating in Hamilton's Oratorio, in addition to perfecting her technique in both the car and shower.

However, McKee fills her days with much more than just music. She enjoys *Grey's Anatomy* and *Criminal Minds*, taking her 100 pound black German Shepherd, Winston, to the park, playing with her nieces and nephews and sleeping, which McKee explained "is highly underrated!" McKee is also a vegetarian, and she loves good food, especially cheese.

McKee graduated with a degree in biology, although her honors thesis was in Psychology. Her biggest regret from college was living alone freshman year. She explained, "While there was no guarantee that my roommate and I would have been friends, living in a single promoted greater solitude" and she regrets not being as social. McKee continued her studies earning her Ph.D. in Clinical Psychology at the University of Connecticut.

This is McKee's fifth year teaching at Hamilton. She teaches a variety of Psychology classes including Introductory Psychology, Adult Psychopathology, Research and Assessment in Clinical Psychology and Senior Thesis. McKee loves teaching at Hamilton and said her "interactions with students both in and outside of class are the reason [she loves] coming to work every day." However, McKee will soon have a reason not to come to work every day. Married to her high school sweetheart, they are expecting their first child in March. Congratulations!

Know who Captain Kirk is?
Write for Science & Technology!

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Stress coping differences between men and women evident

Continued from page 1.

The most common physical symptoms of stress include excessive sweating; sweating in abnormal places, like the palms of the hands; increased muscle tension, heart rate and breathing rate, and an increase in alertness to slight stimuli of light or sound. In more severe cases, the stress some people experience causes them to lose sleep, lose their appetite, have stomach problems or even experience depression

Ok, so what if we have too much stress? The counseling center at the University of Nottingham suggests you throw away the beer, cigarettes and drugs. A proper diet is instrumental in preparing your mind and body to perform at its best, so ensure you are having at least two regular healthy meals daily. You may also want to try a brisk ten-minute walk in the middle of your study session. Exercise helps relax tense muscles and increases blood flow throughout your body so you can think more clearly and it can even consume some of that pesky adrenaline coursing through your veins.

As stress remains a problem for many people, some scientists are conducting various forms of research on the stress phenomena to determine its physiological roots. One study done by Dr. John Gruzelier of Imperial Medical College, London U.K., revealed that ones' stress level may have an effect on the body's immune system. The experiment consisted of a group of medical students receiving hypnosis to relax them a few weeks before standardized tests were to commence. The study found that when the students were subjected to hypnosis and imagery involving immune function and increased concentration, there were "sizeable influences on cell-mediated immunity." This study raises questions about the mind-body link and maybe we have more control over our bodies than we currently believe.

Think men and women experience stress the same way? Think again. A study by Dr. Marianne Frankenhaesuser of the University of Stockholm, Sweden, shows that men and women cope differently with stressful situations, like examinations. The results of the study were such that when subjected to a matriculation examination, men felt more confident than females, but both groups performed equally well. In addition, they found that when males and females experienced a very high level of discomfort, males performed poorly, and females performed rather well.

If one thing is for sure, it is that we should all accept and perhaps invite an appropriate level of stress in this upcoming week of finals, papers and presentations. Science & Technology wishes you the best of luck for the end of the semester, and a happy holiday!

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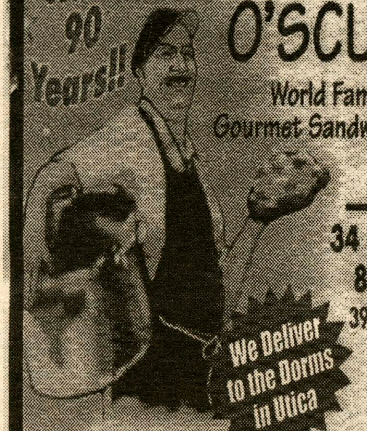

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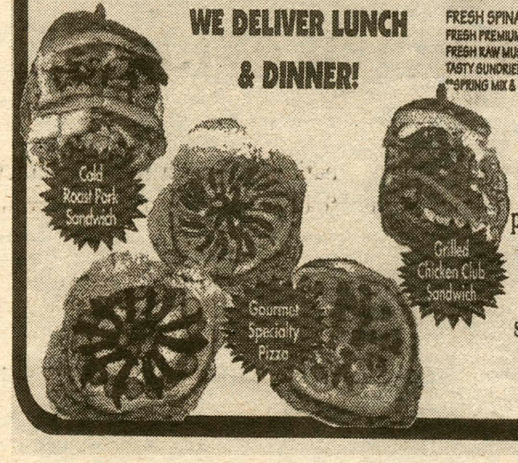

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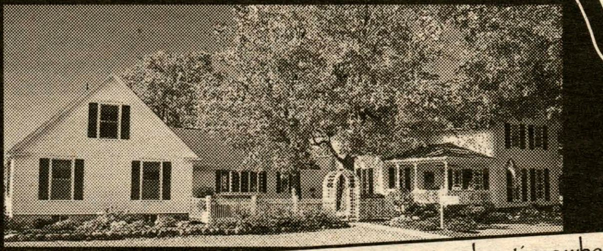

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CASINO ROYALE
●12:50-3:50-6:50-9:50 DTS PG-13

BORAT
●12:10●2:05-4:00-6:00-8:00-9:55 R

DÉJÀVU PG-13
●1:40-4:20-7:10-9:45 DENZEL WASHINGTON

THE SANTA CLAUSE 3
The Escape Clause
●12:05●2:15-4:30-6:45-8:55 G

BOBBY DEMI MOORE
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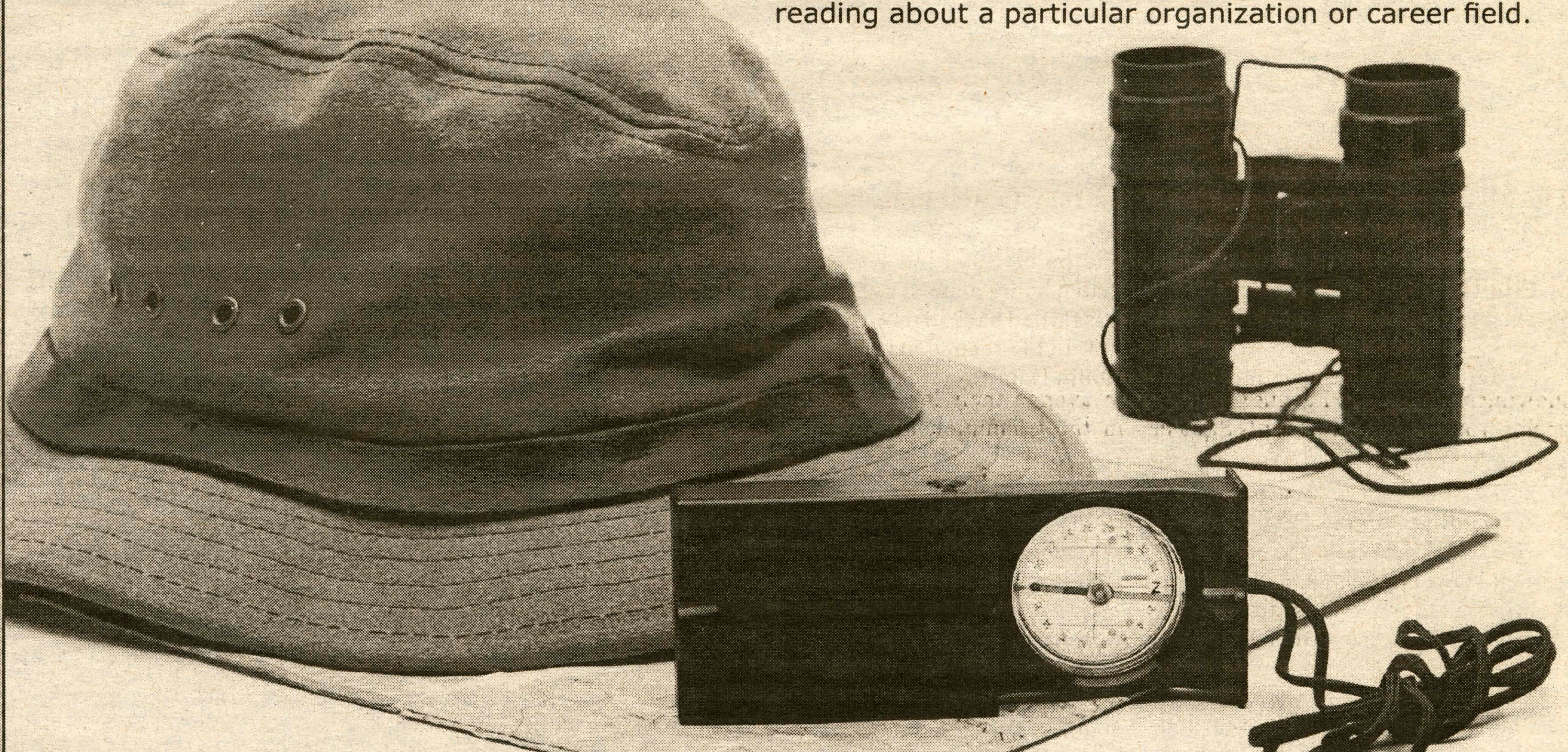

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Women's Basketball is still undefeated at 5-0

by Julie DiRoma '10
Sports Writer

On Tuesday, Hamilton's Women's Basketball Team defeated Hartwick College. Pumla Sathula '08 and Cate Schafer '10 contributed 14 points each to the team's huge win. Sydney Fasulo '09 made eight rebounds, three of which were offensive rebounds. Jess Barrows '07 was another key player, adding 12 points to Hamilton's total. Hartwick could only tie the score once, during the first minute of play. After the first minute, the Continentals never lost their lead. By the end of the first period, Hamilton's 41 points were almost double that of Harwick's 22. Kara Labs '09 and Laura Wetmore '09 both contributed off the bench; each player scored six points and had one rebound.

The win against Hartwick improved Hamilton's record to 5-0. This is the first time the team has been 5-0 since the 1985-86 season. Coach George Gromacki said, "The team is coming together quickly." He said that the girls are a great group to work with and that they are all training with the same goal in mind. That goal is to win every game they play, and, so far, they are doing just that.

Hamilton received additional honors this week. On December 4, the Liberty League selected two Continentals from the Women's Basketball Team as its weekly award winners. Fasulo was named co-Forward of the Week and Sathula was selected as co-Guard of the Week.

The Continentals have a long break before they start competing again early next semester. On January 6, they will travel to Oswego, NY, to face SUNY Oswego in another non-league game. Hamilton will host Amherst College on January 9 for their last non-league game before the start of the Conference games. Gromacki said the team "wishes we didn't have to wait a month to play another game." The team will continue to work hard over the break. They will concentrate on conditioning and individual workouts and hopefully play some pick-up games.

Hamilton's first Liberty League opponent will be Clarkson on January 12 at 6 p.m. at home. Come support the undefeated Women's Basketball Team at the start of the new semester!

Women's Squash splits matches last weekend

PHOTO BY JOHN HUBBARD

Nina Platt '10 is just one of a few impact freshmen.

by Tom Gillespie '09
Sports Writer

In a weekend of great matches and terrific play the Hamilton College Women's Squash Team split their weekend of play against two great opponents.

On Saturday, Hamilton played Franklin and Marshall. Hamilton crushed F&M with a stunning 9-0 victory. Hamilton had an incredible day against Stanford on Sunday, but could not come up with the points needed for the victory and lost 2-7.

In the match against F&M, Hamilton lost only one of its matches. The team showed their skill against F&M on the court in every match played. In her first time playing at the collegiate level, Nina Platt '10, playing at position nine, allowed her opponent to gain zero points. Betsy McDermott '08 allowed her opponent to gain only three points at position eight.

Madeleine Sullivan '09 and Natalie Schwerin '08 went two for two last weekend. Both now hold perfect records. Kelly Whipple '10 had an excellent day on Saturday. She had a resurgent opponent in the third game but came back to crush the competition in a later match.

Unfortunately, Hamilton was not able to have the same kind of success on Sunday that they had on Saturday. Stanford is a very good team, ranked number one in the CSA independent school poll. Two of Stanford's players are nationally ranked and had very good games at Hamilton over the weekend. However, Hamilton will not let this loss get them down as they head into the bulk of their season.

The team heads to Bermuda for their training trip on January 2. The team will be working with Shaun Moxham, a famous Squash coach who happens to coach the number two player in the world. After their trip, the Lady Continentals will face William Smith again at home on January 20 at 1:00 p.m. followed later that day by Middlebury at 4:00 p.m. After that the team is off to Mount Holyoke College for a round robin tournament against Tufts, Connecticut College and Mount Holyoke.

The team was ranked fourth in the liberty league on the CSA (College Squash Association) website. Hamilton hopes that their rankings improve in the coming weeks with the host of victories they have achieved in the Liberty League. Look for the team to make some noise in 2007!

Men's Squash stays hot, now ranked #19

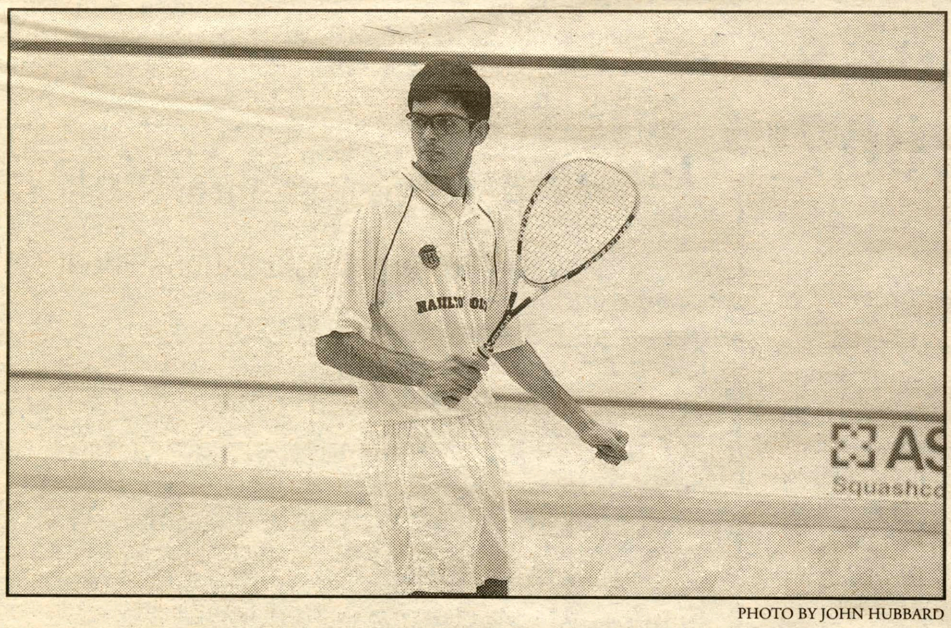
PHOTO BY JOHN HUBBARD

The Men's Squash team has played extremely well in its new facility.

by Erin Hoener '10
Sports Writer

After Hamilton's second place showing in the Liberty League Championship Tournament, the Men's Squash Team began their climb up the College Squash Association's national rankings from twentieth to nineteenth.

This past weekend the team took on some new opponents, and avenged their previous week's loss to St. Lawrence University, in our own Hamilton College Round Robin, held on campus at the Little Squash Center. Much like the last tournament Hamilton hosted, the Liberty League Championships, Hamilton played well and came up with some great results.

In their first match of the tournament, Hamilton took on number twenty-four Stanford University who had beaten number eighteenSt. Lawrence University the night before. At one point Hamilton was losing each match being played, but the Continentals rallied back to take the team match 6-3. In the second match of the Round Robin Hamilton was given the chance to avenge their loss to St. Lawrence in the Championship of the Liberty League Tournament.

St. Lawrence once again proved to be a tough opponent, but with the continued excellence of the bottom of Hamilton's ladder, # 7 Brett Morell '10, #8 Rick Munschauer '09 and # 9 Ben Bradford '07, and two important wins from #4 Jono Peters '10 and #3 John Dewitt '09, Hamilton pulled out a victory. In their last meeting, Peters, who was battling a very bad illness and pulled groined, fell to SLU's #4 Ben Ross in five games.

This week, still recovering from his illness, Peters played "one of the grittiest, most exciting matches of the young season," according to Captain Anthony Bardaro '07. Peters won his match in four games with scores of 10-8, 1-9, 10-8, 10-9. His win tied the team match at four, leaving it up to Dewitt to pull through with a victory not only for himself, but for the team as well.

Dewitt rose to the challenge and won the match in hard-fought four games. With this win, Hamilton seized the victory, beating SLU 5-4.

By far their biggest challenge of the weekend came from Franklin and Mashall's squad. Ranked seventeenth in the nation, F&M played a very fast-paced game, exposing the Continentals to a new level of squash they had not previously faced. With a core squad of international players, F&M dominated the weekend, winning all of their matches.

In the final match of the weekend, Hamilton finished strong, showing that they are for real in a big way by beating local rival Colgate University, 8-1. It was especially nice for coach Jamie King to host Colgate in the new Little Squash Center. For the last six years the Conts have traveled over to Colgate twice a week to practice in their facilities as the Hamilton Campus lacked regulation sized courts.

The Round Robin provided a very important first and last for the Continental squad. On December 5, 2006, Brett Morell '10 was named a co-Rookie of the Week in Men's Squash. At position seven, Morell has won all eight of the matches of his short college career.

In addition, John Frazier '06 played his last match, as he will be graduating in December. Frazier belonged to the freshman class that was coach Jamie King's first real recruiting installment—the class that "ushered the Men's squash program to new heights," according to Coach King.

Captain Anthony Bardaro emphasized how much Frazier's presence will be missed by the Hamilton squad. "He was a charming personality, our best leader, and his absence will leave a big hole in our locker-room."

The Continentals will head to Boston on January 8 to play against local club teams and practice before they head up to Maine to take on Bates College and Colby College on January 20.

Men's Swimming takes third

by Ezra Rosenberg '10
Sports Writer

At the Liberty League Swimming and Diving Championships last Friday and Saturday at University of Rochester, Hamilton finished third behind University of Rochester and RPI.

Coach Davis reiterated his sentiments last week saying, "Third place was absolutely a success. If you compare it to where we were last year, it is a definite move forward."

Hamilton moved forward with the help of a strong start from their 200-yard-Freestyle Relay "A" team who placed second scoring 34 of Hamilton's total 504 points. This group set the bar high from the beginning for a successful performance at the Championship.

The Continentals did a wonderful job of having a presence on the pool deck with their cheers and camraderie. The team was led by the grizzled, but talented, senior class. The large group of freshmen, having never participated in such a large-scale college event, quickly learned how to get up for each event. This was even more important considering the meet was divided up into three separate sessions each lasting three hours.

"The upperclassmen lead by example both by rallying us to cheer on our teammates and by swimming with heart," recalled Ian Doran '10 who swam in two Hamilton Relay "B" teams that placed in the Top Three amongst B relays.

Hamilton's strongest performer was Todd Johnson '08 who claimed league titles in both the 100- and 200-yard-backstroke. Johnson won the 100 in a time of 53.34 by 1.65 seconds, a substantial figure considering the rest of the competitors after him all finished successively within one second of one another. Johnson's dominating 100-yard-backstroke performance translated into a strong lead in the backstroke leg of the 200-yard-Medley Relay.

The members of the 200-yard-Medley Relay from Hamilton shined on Saturday, outperforming all the competition. Johnson led off, followed by Jared Mereness '10 for breaststroke, Charlie Ruff '10 swimming butterfly, and anchored by senior Christian Warner. This foursome not only collectively outperformed the competition, but their individual times from 50 yards of the race beat almost every single one of their respective opponents in their strokes. The result was truly a strong individual and team effort for Hamilton.

Mark Hodges '07 had a strong Championship for the Continentals finishing in the top five of four individual events and contributing to two relays. His best performance was a third place finish in the 1,650 freestyle (17:00.93), the longest event in the Championship.

Coach Davis emphasized after the race that Hamilton knew they were going to be facing tough competition. The team learned they match up well against Union who placed fourth with 416 and will come to Clinton for a dual meet in January. The team will also be excited for a rematch against Rensselaer later in the season. The Continentals will certainly be resolved to avenge the loss in Leagues.

From here, the Men's Swimming and Diving team enters a rigorous training program over winter break. The team will be traveling to Florida where the goals according to Davis are, "To come together as a team, get our yardage volume up, and continue to get race-ready." The team will participate in a meet in Florida and will ultimately be training hard to be optimally prepared for the NESCAC Championships at the end of the season.

Indoor Track begins season at Cornell

by Kate Greenough '09
Sports Writer

The Men's and Women's Track Teams kicked off their indoor seasons last Saturday, December 2 at the Cornell Relays at Cornell University in Ithaca, NY. The invitational meet featured several standout Division I teams that included the likes of Cornell, Syracuse and Colgate. Ithaca College and several SUNY schools were also in attendance. Despite the adroit competition, a handful of Continentals proved they weren't quite out of their league.

Akilah Bond '09, Tigar Ductan '09 and senior Lauren Steates came through with exceptional performances in the triple jump, each placing in the top eight. Bond took seventh place with a jump of 10.70 meters and Steates was in a close eighth place with 10.36 meters.

Ductan didn't disappoint either; he was the highest placing Division III jumper and finished in third place. Ductan, who was last year's Liberty League Rookie of the Year, was 0.21 meters away from his personal best and school record of 13.71 meters. The Triple Jump was won by Cornell's two-time Most Valuable Player, Muhammed Halem '08. Halem took first place with a colossal leap of 15.72 meters, the third farthest recorded triple jump at Cornell.

Claudius Zorokong, the Liberty League's 2005 Rookie of the Year, had a strong debut performance in the long jump. Zorokong, who was injured for the majority of the '05-'06 indoor season, placed fourth in the long jump with 6.92 meters, the second best performance by a DIII athlete at Saturday's meet.

The Lady Continentals boasted two members in the top nine in the meet's running events. Rachel Bennek '07 was the first DIII athlete across the finish line and landed ninth place in the 500 meter run with a time of 1:24.13. Abby Jones '09 also took ninth place in the 3,000 meter run with a time of 11:09.15.

Although the meet was not scored, both the Cornell's men's and women's teams showed strength and distribution of multi-faceted talent. They won nine events apiece, and had both a men and women's team member place in the top five for every event.

"[It] was a hard meet; Cornell was especially difficult because it was the first meet of the season and the competition was tough," says sophomore pole vaulter Jessica Salwen. "But we all put in a lot of effort," she adds, optimistically. "Next weekend's meet will be more our speed."

The Men and Women's Indoor Team is attending the Saint Holiday Relays at St. Lawrence University at 11 a.m. on Saturday, December 9.

Women's Swimming looks ahead to slew of meets in 2007

by Mallory Reed '10
Features Editor

The Hamilton College Women's Swimming and Diving Team captured a fifth-place team finish at the Liberty League Championships on December 1 and 2 at the University of Rochester. Overall, Hamilton Head Coach TJ Davis noticed many improvements in the nine teams competing in the meet. According to Davis, "The meet was very competitive this year. We had our struggles dealing with a flat first session, but we turned it around in the second and third sessions." Davis added, "It's a grueling meet because it is a three day championship meet condensed into a day and a half."

The Lady Continentals were led by freshman Whitney Rosenbaum who swam to four top-eight finishes. Rosenbaum captured third place in the 100 Yard Butterfly in a time of 1:01.00 seconds, raced to a fifth place finish in the 500 Yard Freestyle in 5:28.23 seconds, and claimed two seventh place finishes in the 200 Yard Freestyle and 200 Yard Butterfly in respective times of 2:03.62 seconds and 2:17.88 seconds. According to Coach Davis, "Whitney was one of our big studs. She stepped it up and was solid all the way through in the butterfly and freestyle events." He added, "Whitney is a very tough and competitive person and is still figuring out where her strengths are. She will continue to be one of our strongest finishers."

Also claiming impressive swims were the distance trio of Deanna Edwards '09, Maura Donovan '09, and Hannah Case '08 in the 1650-yard -freestyle. Edwards, Donovan and Case swam to respective sixth, seventh and eighth place finishes in times of 11:28.00 seconds, 11:28.97 seconds and 11:42.00 seconds. Coach Davis said, "Deanna, Maura and Hannah were one of our best situations within a single event in the 1650 freestyle." He made a special acknowledgement to Hannah Case who "was shaved and tapered" for her final meet of the season. Case, who is going abroad next semester, captured college career bests in both the 500 and 1650 Yard Freestyle events.

Coach Davis also recognized Eve Stevens '09 for her stellar performances in the breaststroke events. He said, "Stevens was a solid rock. She is establishing herself as one of the best breaststrokers in the region." Stevens led Hamilton in the 100 Yard Breaststroke with a fifth place finish in 1:10.80 seconds, followed by freshman Chessie Crane in tenth place in 1:13.00 seconds. Stevens also captured ninth place in the 200 Yard Breaststroke in 2:40.00 seconds with Chessie Crane in tenth place in 2:43.00 seconds.

Also making key contributions to Hamilton was senior captain Bevin Kenny in the 100 and 200 Yard Backstroke. Kenny raced to a sixth place finish in the 100 Yard Backstroke in 105.61 seconds, and captured twelfth place in the 200 Yard Backstroke in a time of 2:23.17 seconds.

Coach Davis also noted a solid performance in the 400 Yard Medley Relay. Backstroker Bevin Kenny, breaststroker Eve Stevens, butterflyer Whitney Rosenbaum, and freestyler Sam Pitter '07 came together to claim fifth place in a time of 4:11.74 seconds.

On the boards, Beth Beaury stepped it up to capture tenth place out of 18 divers in the one Meter Diving event and seventh place out of 13 divers in on the three Meter board.

Next on the docket for the Hamilton College Swimming and Diving Team is a winter training trip to Naples, Florida where Coach Davis claims, "there is going to be a lot of high intensity training going on." He said, "The biggest thing is to bring our volume of training up but it's also a great chance for the team to come together and bond as a unit." After break, the team will take on Middlebury College at Bristol Pool on January 13 at 2 p.m. Be sure to come out and support your Lady Continentals!

Intramural & Club Update

by Leanne Pasquini '07 & Rob Dunn '07
Sports Contributors

Soccer

A League: "Retired FC" led by Captain Greg Rogan '07 now dominates the first place position after defeating "FC Molach" on Monday night.

B League: "Team Awesome" and the "Watercowboys," led by Captain Jane Barnes '09, and "Team Miti Man," led by Captain Anoop Pandey '10, are currently tied for first place.

Hockey

A League: Captain Tim "Moose" Nussbaum '07 and his team, "Team Hockey Alumni," are currently in first place.

B League: "Hot Pead Hockey" captained by Matt Coppo '07, is currently in first place.

Club

The **XC Ski Team** will begin practicing the Monday after Winter Break, with or without snow. Competitions begin in late January/early February, depending on snow conditions. Non-competing skiers are more than welcome to join us for practice. Questions? Contact Tim Eddy 413-841-5014, teddy@hamilton.edu

In **Tae Kwon Do club**, we learn the heart of the Korean martial art. We meet every Tuesday night and Saturday morning. All levels of expertise are welcomed, however new member recruiting happens only at the beginning of each semester. Spring semester, we will start training from the first week we get back, and new member recruiting will be on then second and third week. We have a belt promotion test this weekend, so wish us luck!

Women's Hockey off to fast start; now 4-1-1

by Lindsay Jones '09
Sports Writer

The Hamilton Women's Ice Hockey Team had another strong showing over the weekend, when they faced off against league opponent, Wesleyan University, in a pair of overtime games. The Continentals, who are 4-1-1 overall and 2-1-1 in league play, earned three points, coming away with one tie and one win against the Cardinals.

The Continentals traveled to Middletown, Connecticut on Friday for the first game of the two-game series against the Cardinals. After a scoreless first period, Wesleyan struck first, notching the first goal of the game 2:31 into the second period. Kathryn Kroleski '09 answered back, putting Hamilton on the board with 6:58 left in the second period. This was Kroleski's tenth career goal, and just the beginning of what would be a huge weekend for the sophomore forward. Jodi Raymond '08 was credited with the assist.

Amy Allen '10 put Hamilton ahead early in the third period with a power play goal, when she tipped in a shot from Jess Goldberg '08. This was Allen's third goal of the season, all of which have been scored on the power play. Kerry Leonard '07 was also credited with an assist, her fifth this season. Although the Continentals dominated the third period, out-shooting their opponents 23-10, Wesleyan was able to even the score with only 57 seconds left in the game, after pulling their goalie with 1:25 left in regulation. Shots on net were sparse in the overtime period, with the Cardinals holding a 2-1 advantage. Neither team was able to net the game-winner, making the final score 2-2.

Freshman goaltender Meg Shine was strong in net again for the Continentals, making 23 saves in her third-consecutive start. Shine has a save percentage of .908 and a goals against average of 2.36. The Continentals held a 51-25 advantage in shots.

The Continentals earned their third overtime win of the season on Saturday when they beat Wesleyan 7-6, scoring a season-high seven goals. Four players scored for Hamilton, who held a commanding 6-3 lead with 9:54 left in regulation. Katie Mulligan '09 and Leonard each scored two goals for the Continentals. The goals marked Leonard's fifth and sixth of the season.

Jodi Raymond '08 also scored for Hamilton, notching her third goal of the season. Lauren Tomford '10 and Rachel Rapoza '10 were also credited with assists.

The difference-maker on Saturday was Kroleski, who finished the game with two goals and one assist, making her goal total for the weekend three. Kroleski scored the game-winner 1:08 into overtime when she knocked in a rebound from a hard shot from Kate Marek '09. Her performances in the weekend's games were impressive, to say the least. Kroleski was named New England Small College Athletic Conference Player of the Week on December 4.

Be sure to support the Hamilton Women's Ice Hockey Team on Saturday, December 7, when they play cross-town rivals Utica College at the Utica Memorial Auditorium. Game time is scheduled for 7 p.m.

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PHOTO BY JOHN HUBBARD

Tierney Boisvert '07 and the rest of the Women's Hockey team have gotten off to a hot start; they'll play Utica on Saturday.

Beat the Experts

Beat the "Experts" is by no means associated with organized gambling on professional or college athletics.
Each week, we will pick several games in which to choose winners, and we will have a special guest pick winners as well.

	Nick Rockwell *Spectator* Grimey Sports Editor **89-51**	Eileen Starrett *Spectator* Gifted Sports Editor **77-63**	Emma Furman *Spectator* Editor-in-Chief **74-66**	Dan Wittenberg *Spectator* Photography Editor **76-64**	Matt Crowson *Spectator* Sci & Tech Editor
NFL					
Baltimore @ Kansas City	Kansas City	Baltimore	Baltimore	Baltimore	Baltimore
Philadelphia @ Washington	Philadelphia	Philadelphia	Philadelphia	Philadelphia	Philadelphia
NY Giants @ Carolina	Carolina	Giants	Giants	Giants	Giants
Denver @ San Diego	San Diego	San Diego	San Diego	San Diego	Denver
New Orleans @ Dallas	Dallas	Dallas	New Orleans	Dallas	New Orleans
NBA					
Denver @ Dallas, 12/9	Dallas	Denver	Dallas	Dallas	Dallas
Minnesota @ Chicago, 12/9	Chicago	Chicago	Chicago	Chicago	Chicago
San Antonio @ LA Lakers, 12/10	Lakers	San Antonio	Lakers	San Antonio	Lakers
NHL					
NY Rangers @ Ottawa, 12/9	Ottawa	Ottawa	Rangers	Rangers	Ottawa
New Jersey @ Boston, 12/9	Boston	New Jersey	Boston	Boston	New Jersey
Buffalo @ Montreal, 12/9	Montreal	Buffalo	Montreal	Montreal	Buffalo

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SPECTATOR SPORTS

December 8, 2006

Men's Basketball remains undefeated at 5-0

by Lindsay Getman '10
Sports Writer

The Hamilton Men's Basketball Team hopes to end this semester undefeated, and the outlook is good. They finish with Middlebury College tomorrow afternoon, then play a total of six games before students return to campus in mid-January. Tsakani Ngobeni '07 was awarded Liberty League co-Forward of the Week on Monday, December 4 after his exceptional, game-saving performance against Utica last week. Ngobeni has posted a double-double in all four games this season. This is the third consecutive week he has earned co-Forward of the Week.

Tuesday night undefeated Hamilton hosted 2-4 Wesleyan University. The Cardinals led by three at the half, and the lead went back and forth for the remainder of the contest. Neither side ever led by more than six points in the second half, and the game was tied for the fifteenth time with a little over a minute to play.

Nick Jones '07 came through with a jumper to put the Continentals up two, but the lead became a one point deficit when Jimmy Sheperd sunk a three-pointer for Wesleyan. However, Ngobeni made his last points of the night with a jumper at 28 seconds, and Harlee Wood '09 put in two free-throws with only four seconds remaining to seal the victory for Hamilton. Once again, the team proved that they could perform well under pressure and make shots when it truly counted.

The team plays their final home game tomorrow at 3 p.m. against Middlebury. The Panthers are currently 4-3, although they have already faced some of Hamilton's tougher Liberty-League rivals, St. Lawrence, Rensselaer and Union.

Hamilton will likely look to shut down sophomore forward Aaron Smith and junior guard Andrew Harris, two Middlebury players who consistently put up double-digits in the scoring and rebounding columns.

The team will have a three week break after Middlebury, beginning games again after Christmas on December 29 at the Tampa Shoot-Out in Florida. After making the 1,200-mile journey, the Continentals face-off against Haverford College. Haverford has struggled this year and in past years, only achieving their first winning season since 1956-57 in the 2004-2005 season. The Fords are currently 1-4, and will play one more game before meeting Hamilton in Tampa.

Hamilton faces one of two of their last non-league competitors, SUNY Brockport, on January 5 at 7 p.m. The team next visits Liberty-League competitor Hobart at 7 p.m. on January 9, then hosts two games in two days on the final weekend before students return to The Hill. On Saturday, January 12 and Sunday, January 13, Hamilton plays Liberty League competition Clarkson and St. Lawrence.

Following these two home games, they go on the road for five consecutive games. Upon returning from Winter Break, the Continentals are on the road for seven out of their last twelve regular season games. Take a break from studying for finals and come to the Field House to support Hamilton for their last home game this semester!

PHOTO BY DAN WITTENBERG '07

Giorgi Chavleishvili '08 has been integral this season.

Men's Hockey 3-1-1 after first loss at Clinton Arena

PHOTO COURTESY OF WWW.HAMILTON.EDU

by Brandon Leibsohn '10
Sports Writer
by Eileen Starrett '07
Sports Editor

What a great way to open the Hamilton hockey season. Coming off two huge victories over the weekend, the Continentals are prepared to enter the winter break with an outstanding nonconference winning record.

Friday night's victory over St. Michael's College showed that the lesser opponents will not be taken lightly and that the Continentals are prepared to give their all every time they step onto the ice. Scoring six goals was very big as it showed that they can capitalize on the weakness of their opponents. St. Michael's had been lacking in the goaltending department and it was evident when Hamilton quickly took a three goal lead into the final period.

However, the most important accomplishment this weekend was the win against Norwich University, ranked number two nationally. Hamilton defeated the team in stunning fashion, quickly rebounding after a sluggish first period. Senior forward Casey Deak '10 came through in the clutch recording a hat trick in the span of two minutes. It took great effort from the Continentals to come away with the win and they were able to ensure their place atop the League standings.

Then, at the first Annual Hockeytown Event on Tuesday, December 5, Hamilton played cross-town rival Utica College at Clinton Arena. Even though the Continentals lost, they played well and for the crowd. Hamilton students, faculty and staff filled the stands. It was a wonderful event and even though the team lost, it was an exciting game.

Utica ended the first period in the lead with two goals to none. Then, after an uneventful beginning to the second period, Hamilton responded with two goals of their own to tie it up. Unfortunately, Utica responded yet again with two more goals, and eventually won the game 5-2.

Hamilton looks to avenge this loss tonight when they play at Utica in an important rematch. They can count on an explosive offense led by Deak and will hope for the superb goaltending of Matt Crowson '09 to carry them through to anther win.

Casey Deak's expectations for "the team this year are to compete game in and game out. With the gap between the bottom teams and top teams closing each year, you can be sure that every game will be a battle. At the same time, every game is winnable, nobody is untouchable in our league. Any one team can beat any other team on a given night. That being said, nothing short of a championship will be a satisfying finish.

As a senior this year it is clear that the dynamic of the team is different than any other year I've been here. The majority of the team is comprised of freshmen and sophomores. That does put the burden of leadership on those guys who have been through the battles time and time again, but it also requires those players that normally wouldn't be pushed into a leadership role to step up. Our freshmen have to step up and play like veterans, and our veterans have to show them the way. As seniors we have to lead by example and make sure the rest of the team follows."

With an attitude like that from the rest of the team, the sky will be the limit as Hamilton will be in position to take over and succeed in the very tough NESCAC conference.

This weekend in Hamilton Athletics:

Friday 12/8:
Hockey (M) @ Utica

Saturday 12/9:
Indoor Track (M) @ St. Lawrence
Indoor Track (W) @ St. Lawrence
Basketball (M) v. Middlebury

Go Blue!